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SAM FAIERS

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THE GROWN-UP PERILS OF THE FRIEND ZONE
P22

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GET YOUR GRILL ON

#307



SAM FAIERS
SHOT FOR FHM BY FLORENCE KEYS

ED'S LETTER...

Mankind has come a hell of a long way. Our ancestors loved to grill their food over fire and hot coal just like us, but the skills and utensils used were, at best, basic and unrefined. A feast back then consisted of little more than crappy white baps sporting blackened sausages – usually still a bit frozen on the inside. But that was the mid-2000s, when we were too busy finding lurid animated backgrounds for our MySpace pages to know any better.

Thankfully, though, the men of Great Britain have come to realise that life is too short for economy burgers (and potentially even shorter if you don't cook them through). The BBQ revolution is upon us. *FHM*, and of course DJ DBQ, are here to help you, our grill-loving comrades, with our annual BBQing bible (p72). Don't forget to share your mouthwatering results with us on Twitter and Instagram using the #FHMManFood hashtag. Enjoy the issue.

Joe Barnes, Editor



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CONTENTS 07/15

SPOILER ALERT!
LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE



Cool customer *p20*



Pump up the jam *p128*



Hot advice, cool girl *p134*



Prepare to get the meat sweats *p72*



Sam Faiers *p62*



Festival glory *p102*



Paid to lose *p90*

ACCESS

14 VAL KEIL
Fall head over heels for the tequila-drinking, slip'n'side-loving LA beauty with the keys to the Playboy mansion…

22 ESCAPE THE FRIENDZONE
Have you been relegated to the sex sidelines by a pretty lady? Three friends of *FHM* have your exit strategy sorted.

FEATURES

54 THE OTHER GUYS
We grab a word with the unsung heroes who spend their lives making other people look good.

62 WIN AT SUMMER WITH SAM FAIERS
She's out of *TOWIE* and straight into our garden to celebrate the arrival of the sexiest season of the year. Pull up a deckchair.

72 BBQ YOUR LIFE BRILLIANT
Let our resident foodsmith DJ BBQ guide you on your way to staging the ultimate grill-out this summer.

82 BECOME A REAL-LIFE LOVERBOY
Learn how to write a love letter, undo one of those bra thingys and, most importantly, impress her friends.

UPGRADE

116 BE A CYCLING SUPERHERO
Get on your bike (obviously) with our guide to riding this summer. Warning: contains Lycra.

130 LIVEN UP YOUR LUNCH BREAK
Save money. Eat better. Transform your butties from soggy, cheese-spread triangles to super-charged man-wiches.

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THE TEAM

WHAT FHMERS HAVE BEEN UP TO THIS MONTH

WE STOOD ON THE SHOULDERS OF GIANTS

It's tiring being such a high-powered wordy man, so *FHM* chief writer Matt decided to enlist the help of some muscle on a trip to Malaysia. He was there to watch the World's Strongest Man tournament… but we won't find out how Matt and his burly boys got on until later this year.



WE CRIED A LOT

Apologies if you find a few tear-soaked pages in this month's mag – we've just waved goodbye to our acting production editor Emma, who's heading off to a fancy pants ooh la la job in the City. She truly was the glue that held *FHM* together, so expect more staples and sticky tape in the next issue. Rock on, old friend.





WE ATE OUR OWN BODY WEIGHT IN STEAK

Little known fact: food tastes better if you pair it with a cape and Lycra. At least, that's what DJ BBQ told us, and we're inclined to believe him after tasting the grub he rustled up for our mouth-watering summer party. Head to page 72 if you fancy being hungrier than you thought possible.

WE DRANK AND BOWLED

Cheers to Levi's, who invited us to take on a load of other journalists in a bowling showdown. The free bar ensured we failed to win, but we're determined to regain some street cred – although, as yet, none of the other mags have responded to our challenge of an *Anchorman*-style fight to the death.



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FHM
IT'S GREAT TO BE A MAN

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GIVE IT A SHOT

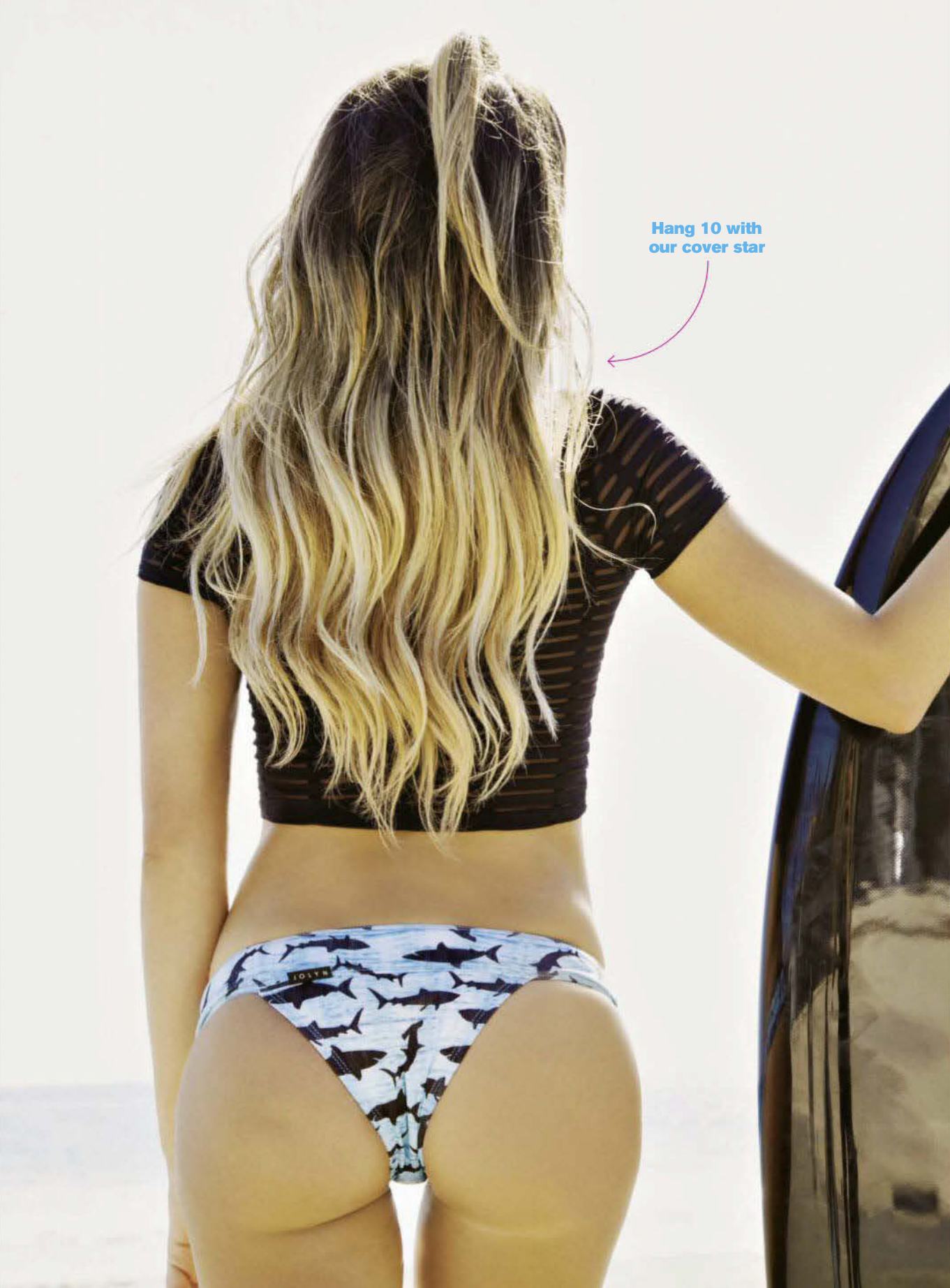
ICE COLD SHOT



Our master blenders have been busy making Jägermeister for over 80 years, and in that time the secret recipe has never changed. Well, why would it? Jägermeister brings together 56 of the highest quality, natural ingredients, to create its incredible depth of flavour. It takes time, patience and craftsmanship to infuse, blend and age this complex drink. Savour the taste and you'll find every drop delivers new notes of unexpected spices and intriguing essences.

Jägermeister

IT RUNS DEEP


Hang 10 with
our cover star

GOD BLESS SUMMER



FHM

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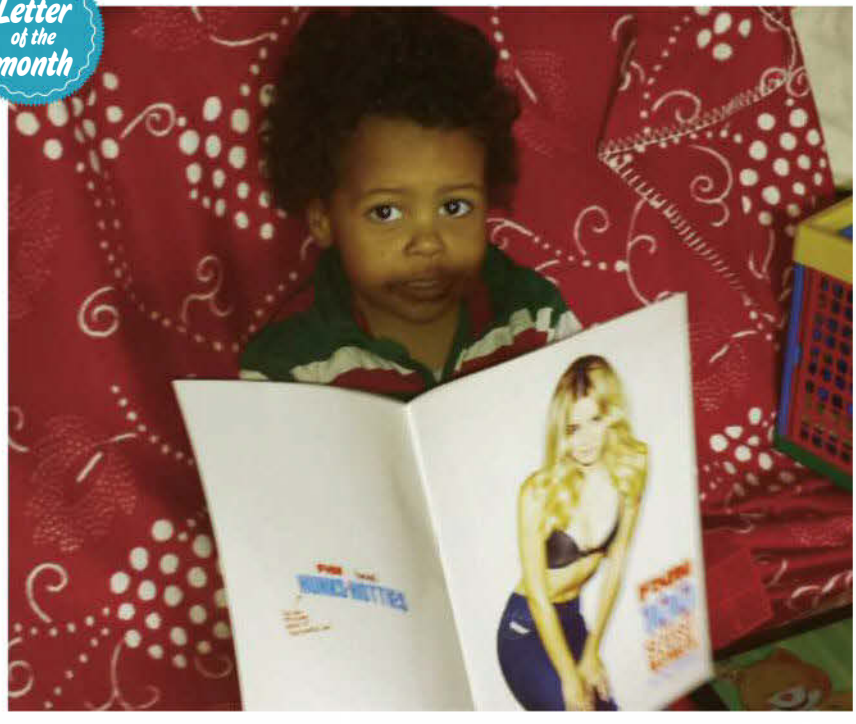
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LETTERS 07/15

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Letter of the month



Baby takes issue

I walked into my front room the other day to find my two-year-old son staring at the *FHM* 100 Sexiest. You can see by his expression that he doesn't agree with the top 10, but it makes a great change from him stealing my iPad to watch *Peppa Pig*. Thanks *FHM*!

Chris, via email

We're not too keen on the idea of feeling your son's fiery wrath, Chris. How about this: we give your little one a fancy camera and he agrees to leave us in one piece. Deal? Deal.

The truth is in here

Thanks for your life guides, *How To Tell She's Into You* and *A Man's Guide To Fatherhood*. They've helped me a lot, so I'm willing to let you off the fact my lifelong crush Gillian Anderson didn't make the 100 Sexiest. Just.

Harry, via Instagram





Message from universe

I finished the *Meaning Of Life* feature in June's issue wondering if there was a big cosmic message out there for me. I then turned to the rest of my mail and had a look at the online security code my bank sent me. Message received, universe.

Luke, via email

Moochers' corner

An absolute winker

Give me the prize and I will send u £5 in the post ;)

Leon, via email

We were considering this, but then we can't help but distrust that cheeky little wink face of yours. You're not going to send us the fiver, are you Leon? Why would you do that to us? No prize for you, traitor.

Ha ha!

FHM is the tits! Any chance I can get a prize? Haha!

Graham, via email

Ha ha ha ha… no. Seriously, you people just aren't even trying any more.

100 Sexiest: the uproar!

You can't please all of the people all of the time... here's a taster of the debate raging on social media over this year's list

THE HATERS

Emma Watson at #59. Are you taking me for a full-on dickhead *FHM*?
@andrewflynn_

There must be a bunch of blind men who did this poll. I've seen better.
Edward Moyers, via Facebook

Bullshit! Don't you mean the 100 sexiest 'celebrities'. I see sexier women on the bus.
@1976Bigdave

THE LOVERS

Delighted that Michelle Keegan has won the 100 Sexiest, and not just because it's won me £5. Congrats Keegs!
@JamesPywell, via Twitter

Well done Mary Berry! Can't believe she's not top 10 though – surely didn't ask lads from Bolton #bakewellsmatter
@AndrewHolland, via Twitter

I'd have had Margot Robbie in top spot, but I can't complain with the rest of the list.
Bernard, via Facebook



THE BAFFLERS

So I see *FHM* still hasn't put me in the 100 Sexiest. That's OK I suppose.
@Loonasgirl

I would grind with every member of the 100 Sexiest. Will they go to the prom with me?
@GeraldmT011

#justsayin but where are all the hot cartoon lovelies in this year's list?
Justin, via Facebook



FHMManFood of the month

Congrats @AdamOzzy, you've won a crate of Brewdog IPA and these words from DJ BBQ: "Now *this* is what I'm talkin' about! Redcurrant and chilli-infused lamb, smoked to perfection with whiskey and apple chips. Dude's got that glaze down like a meatalicious doughnut. You are a giant among mortal men, Adam. Let me bow before your hard-cookin' brilliance while a sea of beer washes over you."

SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs submitted on Twitter and Instagram. Are you the king of crisp sandwiches? Did you make perfect pulled pork? Show us using #FHMManFood for a chance to win.

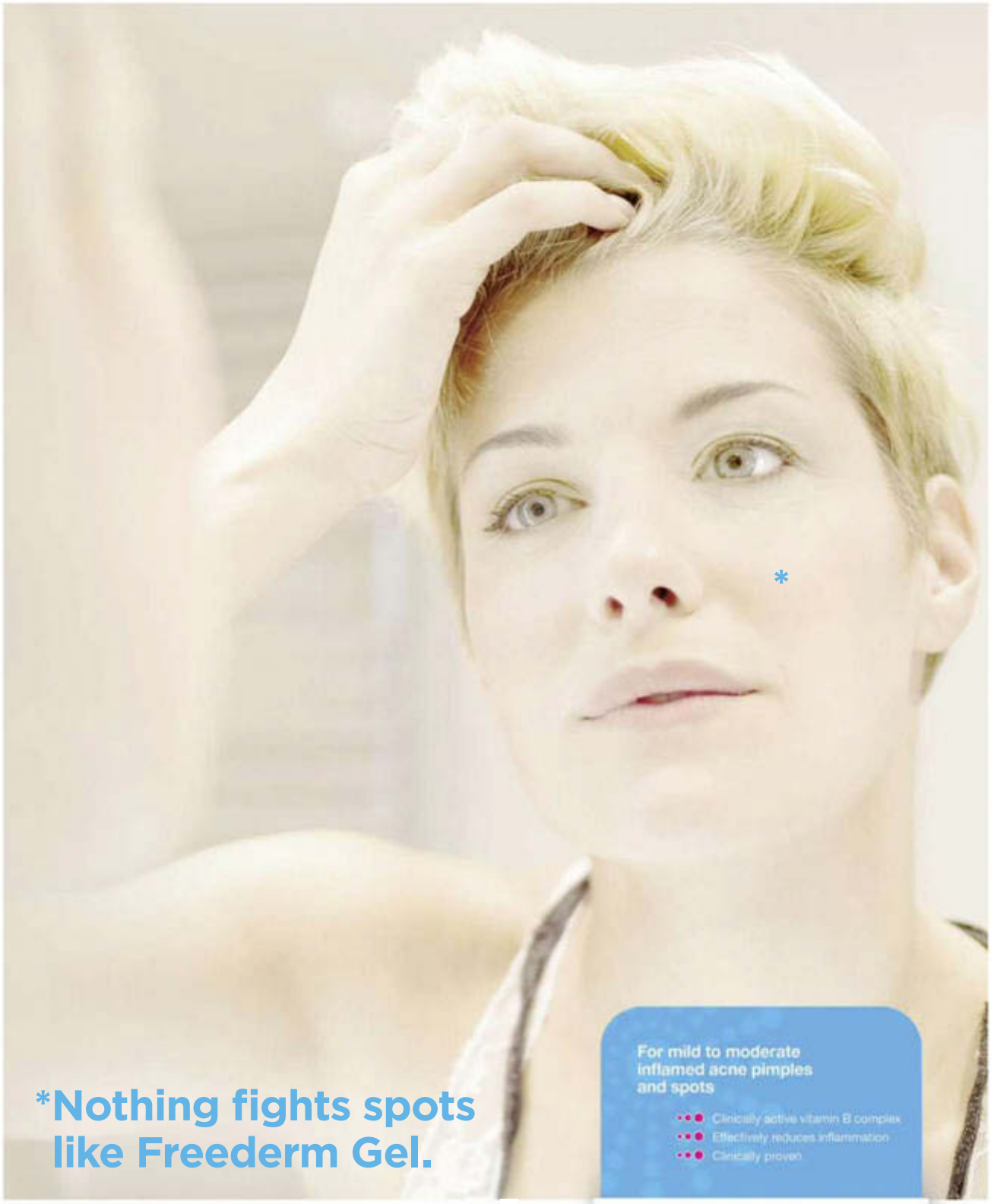
@fhm @fhmagram

Send us your letters...

WIN A 42-INCH TV AND *REVENGE OF THE GREEN DRAGONS* DVD

Got something really insightful to say about the mag? Then tell us. Because to celebrate the release of crime thriller *Revenge Of The Green Dragons* on DVD, next month's top letter will win a copy – and a 42-inch flatscreen LCD TV to watch it on. Just send your funny and insightful letter (with picture if possible) to one of the addresses on the previous page, and it could be yours.





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ACCESS

IT'S GREAT TO BE A MAN

EDITED BY CHRIS SAYER



WHO SHE?

Age: 24
Born: Philadelphia
Likes: Tequila, bum bags
Twitter: @MissValKeil
Instagram: @missvalkeil

Would Wife

BREAK INTO THE PLAYBOY MANSION

From pouring pints to wet and wild garden parties with Hef, it's London-loving LA girl Val Keil…

We all really love a good 'when the impossible becomes possible' underdog story. Like *Rocky*, *Cool Runnings*, or the time Harry Redknapp let a West Ham fan play the second half in a 1994 friendly… and he scored. Turns out Stallone, 'Arry and the Jamaican bobsled team are in good company, as Valerie 'the best thing to come out of Philly since cheese steak' Keil has a rags-to-riches tale all of her own.

After hearing one too many boozehounds telling her she could be a model when she was working as a barmaid, Val emailed some snaps to *Playboy*, had a nap, and woke up to a phonecall asking if she fancied a shoot. Two years on, and when she's not holidaying in our capital or squeezing a sexy *FHM* photoshoot into the middle of a sightseeing trip to Big Ben and Abbey Road, our Val's a regular round Hef's – where you'll find her watching films, playing games or having a bad time on a slip 'n' slide. Better let her explain…

So Val, go on, what's this story about you and the slip 'n' slide?
Oh, it was during my first party at the *Playboy* mansion. It was 4th July, and every year there's a huge slip 'n' slide down this hill. Apparently we weren't supposed to go head first, and I didn't know this. You know, it's my first year, and I'm like, "Wooo, slip 'n' slide!" I went »

MARSHALL JAMES
GREG SIMPSON





"I LIKE TO DRINK TEQUILA WITH WATER. PEOPLE LOOK AT ME LIKE I'M CRAZY"

Would Wife

down headfirst, but at the end of it my knee hit my cheekbone, and I ended up having to get 15 stitches. I didn't stay for the fireworks, which was a bummer.

When did you last nip round to the mansion?

Back in April. It was Hef's birthday, and every year you have to dress up like someone from *Casablanca*. You have a nice meal, caviar, champagne and reenact the movie a little. It's really nice.

We hear games night is big there. Is Hef a massive fan of KerPlunk?

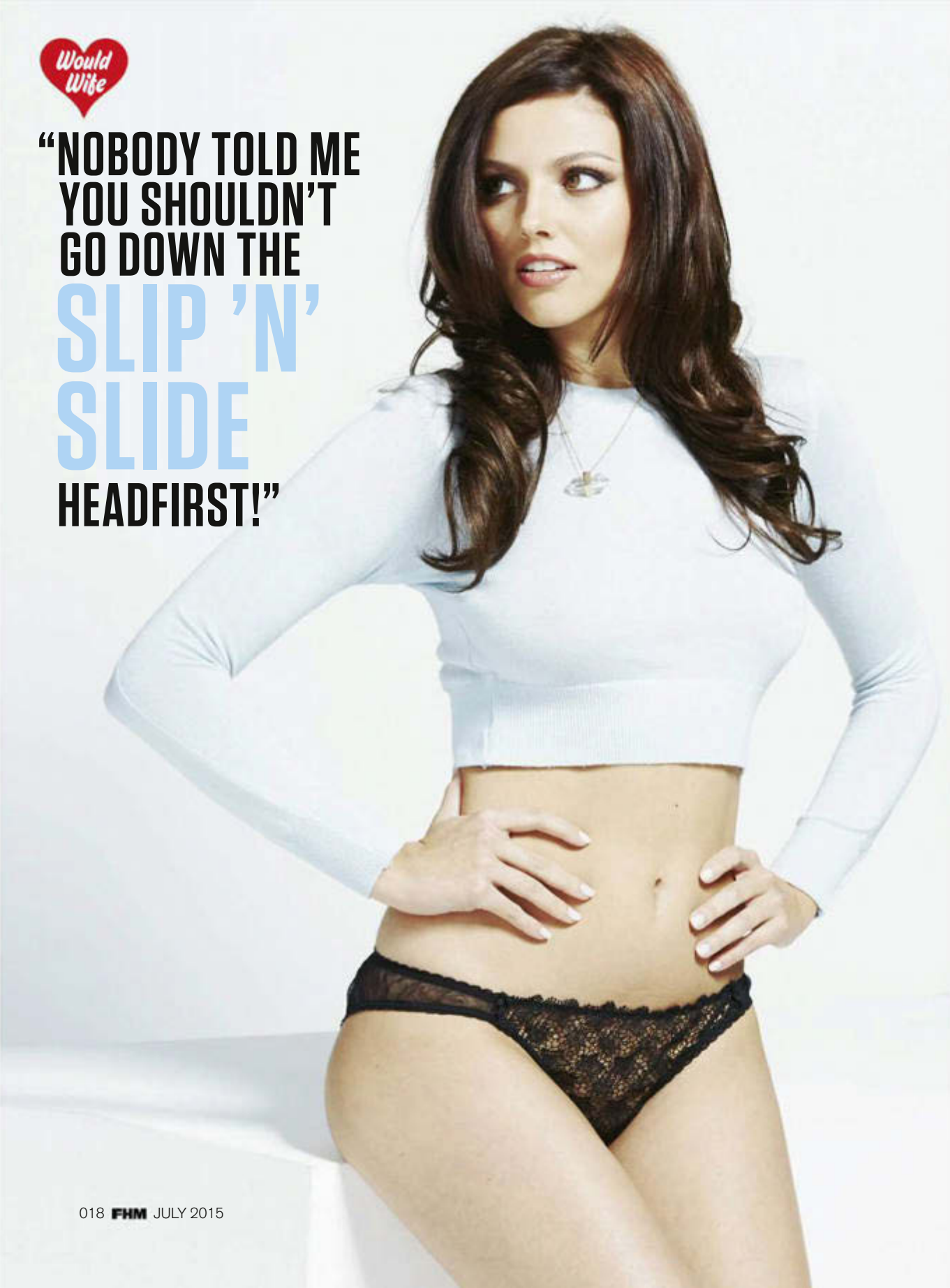
[Laughs] I haven't played that in a while – the one with marbles and sticks, right? But no, we play Mexican Train. It's pretty much like dominoes. It's very fun, but I always lose.

You're a former bar girl. Are you a beer drinker?

You know what, since living in LA I'm not so much of a beer drinker, but back in Philly »

Would Wife

"NOBODY TOLD ME YOU SHOULDN'T GO DOWN THE SLIP 'N' SLIDE HEADFIRST!"





I liked craft beer. My personal favourite is a sour beer, but I do like an Allagash White, and also Wells Banana Bread Beer.

What's your tipple in LA, if beer's off the menu?

Tequila is my go-to now. I like to drink tequila with water. People look at me like I'm crazy.

You've been in London loads recently. What have you been getting up to?

I stayed in Notting Hill, and I got to see Portobello Road, Brick Lane and Abbey Road. I also went to [burlesque club] The Box. I didn't know what I was getting myself into – it's absolutely crazy in there. I also went to Chinawhite one night and saw a bunch of paparazzi. Turns out Lady Gaga had come out the same time as me. It was insane. I've never seen paparazzi like I saw for Gaga.

We saw on Instagram that you're trying to bring back the bumbag…

Last time I went home to Philadelphia, I found a fanny pack. I used it when I rode on the back of my friend's motorcycle, but I brought it back to LA and I use it all the time – they're just so fun. I haven't posted a fanny pack picture in a while, but that reminds me, I need to. FHM

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HOW I DID IT...

WIM 'THE ICEMAN' HOF, 56, EXTREME-COLD ENDURANCE ATHLETE AND RECORD BREAKER

I first learned I could withstand the cold when I was 17, in a frozen lake in Holland. That brought about real power within me, that self-control I had awakened by going into the cold. From there on I was able to swim in freezing water *and* enjoy it.
When I was a kid, sometimes my identical twin brother and I would fight almost to the death. There would be blood, tension and fury between us, and then five minutes later we'd be best of friends.
Still, I once pretended to be him and began a relationship with his girlfriend. I was 17 and he had to go away to be a sailor. At first she thought I was him and we dated for two years. Later my brother talked to me about it. He was angry, but he soon forgave me.
I'm 56 and I can do the splits like a ballet dancer. I can do 100 push-ups without breathing, but I only need one square metre for that, at home. You won't find me in a gym.
I could make up any challenge. When you've done it once, you get a sense you can do just about anything with your body.
I have 26 world records. They range from the longest ice bath (one hour, 13 minutes and 48 seconds) to a marathon around the Arctic Circle in a pair of shorts. Climbing Everest in shorts was easy. I found myself at 6,000 metres in a blizzard and I had to find my own way. I was alone for hours and hours, but it was probably my greatest experience.
Mind power is like electricity. I can channel it towards different places in my body.
I am able to intervene in my red cell generation. It took training and self-discipline through meditation, but now I can make my body absorb more oxygen and heal faster.
The circulation in my left leg once stopped. I was doing a half-marathon and, with 3km to go, it began to feel like a wooden stick. I still finished the race. A dermatologist later told me there was irreparable damage done, but within a month I'd healed myself.
I lost my wife in 1995. That was the worst moment of my life. She was the mother of my children, my dearly beloved. You think you're gonna spend the rest of your life together. It tears you apart. The worst moment is not one moment, it's all the years afterwards.
I raised four children by myself. I had to cook every day for many years. My speciality? Macaroni cheese. I'm more of a child than my kids. It's always me with the ball, saying, "Kids, will you come outside to play?" If they stay at home, I'll play against a wall.
Growing older is becoming balder – but wiser. Ageing doesn't bother me.
The weirdest place my job has taken me is under the ice. It is a really strange place. But by learning the capability to stay under, I experience a spiritual depth.
I love a hot shower, yes sir. If you experience a really hot shower after being in the cold, you appreciate it so much more. It makes life worth living.
Criticism polishes the diamond of knowledge. Cynicism and mockery has passed into my journey before. I just wash it away. I've never lied about anything I've achieved.
Money is invented by society. It's a psychological thing. But it doesn't matter – it's just something to compensate your feelings, and I've got my feelings right on.
If I wasn't doing this, I'd be a gardener. Plants, flowers and trees – I'm fascinated with nature. It's life. Everybody who visits me loves my garden. They call it a little paradise.
I do not fear death. But I do fear not to live.

For more on The Iceman, see icemanwimhof.com





WORDS: SAM ROWE

ARE MY MOVES PUTTING ME IN THE FRIEND ZONE?

That next compliment you pay her could end any chance of ever hooking up



"It's never gonna happen… you waited too long to make your move and now you're in the 'friend zone'. Ross, you're mayor of the zone." And with that, modern-day philosopher and sandwich aficionado, Joey Tribbiani, created a monster. In that 1994 *Friends* episode, The One With The Blackout, he coined a term that would go on to strike fear into the hearts of all warm-blooded males around the globe: the friend zone.

Once a man is placed into a girl's friend zone, rubbing shoulders with other guys she likes hanging out with but has absolutely no interest in ever hooking up with, he's got as much chance as a bowl-bound goldfish of escaping. Like said goldfish, you can see the girl you lust after but cannot touch her; the longer you're trapped there, the fatter, sadder and smellier you get and, ultimately, you'll end up swimming around in mind-rotting circles until either another ladyfish is dropped into your environment, or you flop out on to the kitchen floor in an act of total resignation.

So it's time we found the bright green 'exit' sign in every single friend zone out there. To guide you away from danger, who better to listen to than these beautiful friends of *FHM*, primed with the advice to help you find a way out.

What the hell is the friend zone?

Jo: "You're in the friend zone if a girl likes your company but she wants to have sex with someone else. She spends a lot of time with you but doesn't want to do the sexy dance."

Layla: "You might be the best-looking



guy and have the best personality, but you just don't have that edge."

Jo: "Or you're too easy. A girl won't want to sleep with you if you've slept with all the girls she knows."

Lana: "Or you've known each other for too long that sleeping together would just be… weird."

Why do girls have a friend zone?

Jo: "It can be a real confidence boost to have a guy that you know wants you but will never have you. All the compliments and moves he's pulling are probably the reason he's in the friend zone in the first place – a girl doesn't want to give that feeling up."

Lana: "I can't have sex with everyone. There's only so many people."

How can I avoid being put there?

Jo: "Don't always be there at her beck and call. Don't text her back straight away."

Layla: "Don't drop doing whatever it is that you're doing just because she's called you up."

Jo: "Just don't be a little lap dog and let her walk all over you. She needs to know that you have a life of your own."

Has a guy ever broken out of your friend zone?

Lana: "Argh, it was really messy. I was seeing his best friend, but he cheated on me, so the guy picked up the pieces and was super nice to me. I think that, ordinarily, if you're too nice then that's a turn off, but if that niceness comes through at the right time when I need it most, then maybe I'll start to see it differently."

Jo: "Mine was just down to booze. It was a drunken kiss, and I just laughed it off in the morning."

So it is possible to get out of the friend zone?

Layla: "It's possible, yes! There's a glimmer of hope. My best tip is to totally ignore the fact that the friend zone even exists. Guys do weird and stupid, petty things to try to get out of it. Be cool – don't be a dick."

Lana: "Yeah. Like, don't get all defensive and territorial on a night out. Don't think you can't get with other girls just because I'm there. Maybe I'll see you with another girl, feel jealous and realise that maybe I do like you in a new way."

How will a guy know he's in the friend zone?

Lana: "Apart from 'she's not having sex with him'?"

Jo: "If she ever says she'll be your wingman on a night out. Ew. And if a girl's mum is always saying, 'Oh, you two would make such a great couple.' Straight in the zone. I had that with a guy. My mum, to this day, still loves this one friend of mine and says I'll regret it when I see him marry another girl. It just made me want to sleep with him even less."

Lana: "And if your mum likes him, it means you're turning into your mum, and that's fucking frightening."

PHOTOGRAPHY: MARSHALL JAMES. HAIR AND MAKE-UP: CHARLOTTE GASKELL AT LHA. STYLING: HAYLEY FORRESTER-LAWRENCE

Entertain your brain

11 *things to make your month massive*

01

Loco footy

Prepare for football's most bonkers tournament

Daniel Sandison, editor of footy mag Mundial, tells us why this month's Copa America will be the most important, albeit utterly ridiculous, competition of the year…

"The domestic football season has trundled to its conclusion. Your team have scrambled to their objectives or, far more likely, failed miserably. That lad with the quick feet is probably off somewhere sunny and your season ticket renewal letter has landed on the doormat with a thud as welcome as a claw-hammer to the back of the head. Time for an international tournament and a break from the world of the Premier League.

"This summer, Chile will host the 44th edition of the Copa America. The continent's finest players will assemble, referees will blow their whistles and some mad, mad things will happen. Why will mad things happen? Because mad things *always* happen in South American football. From River Plate and Boca Juniors' historic rivalry, to the phenomenal ability of players like Pelé and Garrincha, this continent



has the potential to dictate the pace of how we view the game we love so much. It is flawed, disorganised and, much like the patterns on a Jorge Campos kit, often very hard to take seriously at all.

"South America has always provided the world of football with a pipeline of unalloyed weirdness. Without you noticing, the continent has been responsible for all your favourite footballing memories. It has injected every single tournament with vibrancy, colour and, more often than not, exquisite gamesmanship. So, give the Copa America a go. It shows, in microcosm, why we all fell in love with football in the first place.

"For every Messi goal, Neymar flick and James Rodríguez thunderbolt, there will be a Bolivian who isn't quite sure how to take a throw-in and some bizarre Colombian fancy-dress in the crowd. And, in the era of Chelsea's joyless efficiency and the proliferation of countless grim-faced footballing autobots, isn't that exactly what we all want to see?"

02

Series binge

Feel the *True Detective* effect

It's done wonders for Matthew McConaughey's career, and is set to do the same for Vince Vaughn, but who else are we praying will get a resurrecting cameo when season two airs on 22 June?



Corey Feldman
Career high: *The Lost Boys*.
Career low: *Dancing On Ice*.
***True Detective* credit:** 'Rambling conspiracy theory loon' – a loveable snitch who lives in a trailer park and thinks the government has tapped his brain. Dies in episode four from accidental electrocution.



Macaulay Culkin
Career high: *Home Alone*.
Career low: Bottled off stage with band Pizza Underground.
TD credit: 'Trouserless junkie' – a vital witness to the plot's major 'event', there's one thing he hates more than talking to cops: wearing trousers. Killed by snakebite in episode four.



Charlie Sheen
Career high: *Platoon*.
Career low: His sacking from *Two And A Half Men* and subsequent meltdown.
TD credit: 'Old soak' – the bar owner with a story that'll blow this whole thing wide open, unless he ends up dead. He ends up dead in episode four.



Sylvester Stallone
Career high: *Rocky*.
Career low: The new Warburton bread advert.
TD credit: 'Senator Bill' – in a dig at Arnie, Sly appears as a ball-breaking politician, hell-bent on pushing our hero cop to the edge. Chokes on scotch egg in episode four.

03 Survive a night in the woods with Vogue Williams

Girl crush



Planning a trip into the wilderness to find your inner self this month? Well hold up a sec. Super-hot Irish model Vogue Williams, champion of recent *Bear Grylls' Mission Survive*, is here to guide you…

HELP! I'VE RUN OUT OF SAUSAGES TO BARBECUE, BUT I HAVE A GIANT RAT...

"I'd trek for miles to find a shop, because I really don't want to eat rat again. I tried to cut its head and tail off to make it look less ratty, but when you ram a stick up it, it just looks like a rat lollipop."

I'VE STILL GOT ROOM FOR PUDDING...

"Cannibalism? I would totally go there. We decided whoever the mosquitoes bit the most, must be tastiest. Turns out Dame Kelly Holmes would be first on the barbecue."

SHIT! I'M OUT OF WATER, BUT NEED TO PEE...

"Don't! When Bear made us do it, I vomited it back up."

DARN! ALL MY CLOTHES HAVE CAUGHT FIRE...

Get busy with the leaves. It worked for Adam and Eve, right? That, or pick on the weaker ones in your group and take their clothes."

A TARANTULA BIT ME...

"Er, you're in trouble. Find a hospital? The worst thing about tarantulas is, if you eat one without singeing off all the hairs, they get in your throat, so close it up and you suffocate."

FLIP! A BADGER HAS CLAMPED ITS JAWS AROUND MY LEG...

"Put a finger up its bum. I know that because I'm terrified a pitbull is going to bite my dog, and I would do it if I had to."

WHOOPS! SOMEHOW BIG FOOT HAS FALLEN ASLEEP IN MY TENT...

"Hopefully you're camping with [Ex-England rugby player] Mike Tindall so you can let him fight it. He doesn't feel pain or fear."

EEK! YOU'VE FOUND AN OLD SHED TO SLEEP IN, BUT THE EVIL DEAD ARE AWAKENING OUTSIDE...

"I'd start up a leaf blower to startle them and then get stabby with a pitchfork. Survival of the fittest!"

04

Raving

Unlock the midday festival monster in you

Don't be *that* guy who waits around all day for the headline act to take to the main stage. Instead, take dubstep rock quartet and ultimate festival party starters Modestep's advice, and get your rave juices flowing with these five under-the-radar must-sees…

FuntCase
Josh Friend, lead singer, says: "FuntCase is a total monster behind a mask. This guy plays the most intense party tunes."

Trolley Snatcha
Josh says: "Trolley Snatcha is the king of the seriously dance-led vibes. Every tune he makes is a banger, and he's an absolute legend to work with in the studio."

Neosignal
"They make party music that sounds like it's from the distant future," says Josh. "You can imagine them playing a set at a rave in *Blade Runner*!"

Camo & Krooked
Josh says: "Camo & Krooked are fellow party animals! They're also drum 'n' bass veterans – they're putting a whole new party twist on it."

Teddy Killerz
"Another act crossing over rock and dance music, they made us drink our entire body weight in vodka when we met them in Russia," says Josh.

Modestep's new album, London Road, is out now. See them at Reading and Leeds this year



05

New game

Burn rubber in the Batmobile

Rocksteady Studios' *Batman: Arkham* trilogy is set to come to an end with *Arkham Knight* (out 23 June), in which Batman faces a new villain determined to unite the Caped Crusader's enemies against him. An all-star line-up of baddies are throwing down, but this time, not only can you flip between different characters – playing as Batman, Robin, Nightwing or Catwoman – you can finally drive the goddamn Batmobile. OH LORD, YES.

06

Tennis ace

Prepare for a Wimbledon upset

Federer, Nadal, Djokovic and Murray may have bossed the court for more than a decade, but finally there's a class of hungry contenders who could mess up their plans and sneak into the Wimbledon semi-finals this month…



Stan Wawrinka
The Swiss 30 year old is the first man outside the 'big four' to win one of the Majors since 2009, after taking victory at last year's Australian Open.

Marin Cilic
The current US Open champ is aiming to 'peak his form' for this year's Wimbledon, and has former champ Goran Ivanisevic coaching him.

Kei Nishikori
The only Japanese player to break the top 10 rankings, the 25 year old reached the US Open final before triumphing in the Barcelona in April.

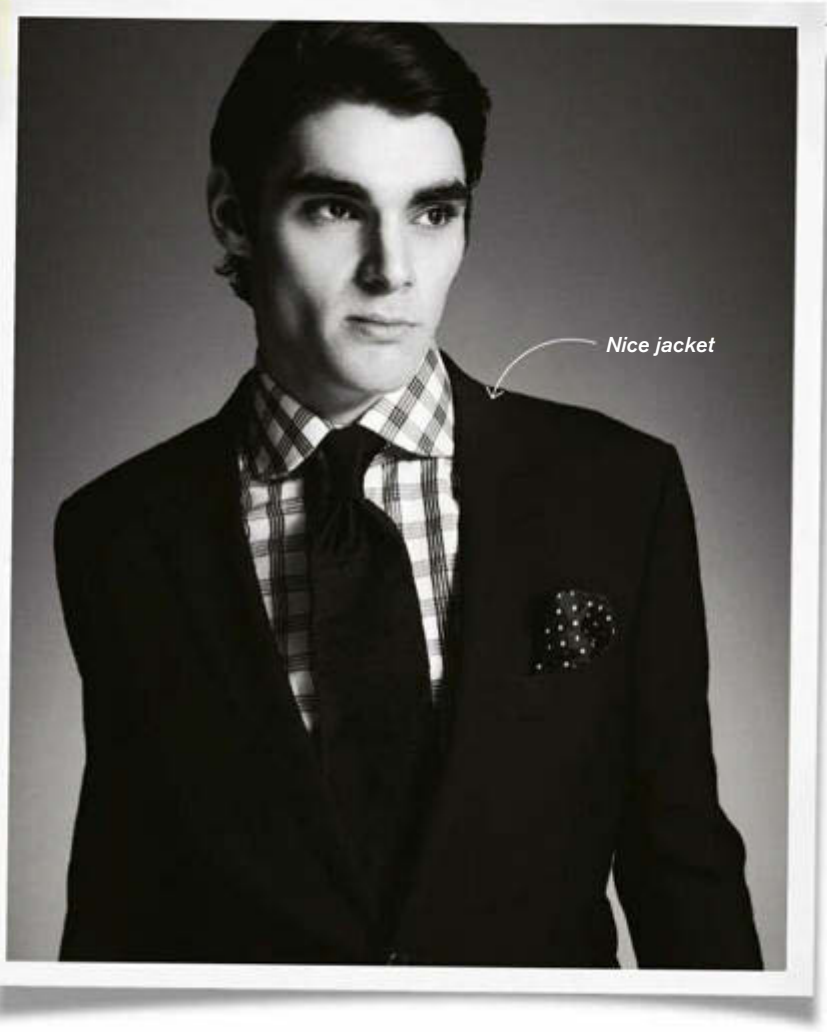
Grigor Dimitrov
After reaching last year's semis, the Bulgarian is looking to go further this time round. His style has been compared to Roger Federer's.

07

Telly legend

Land a whopper with Walt Jr

From Breaking Bad to the DJ booth (via 10 Downing Street), RJ Mitte's a busy man. We sat him down in London last month to talk fishing, bacon gifts and his own spin-off…



RJ, your *Breaking Bad* character loved a spot of breakfast. Had any good ones lately?
Yesterday we shot in Cereal Killer [a trendy cereal café in London]. I went for these two French cereals – one looked like little bits of toast and the other had this chocolate-esque feel.

When you're not in front of the camera or tucking into cereal, you're DJing. What sure-fire bangers do you have to get people on the dancefloor?
I have a file on my laptop named RIP – 'cause it means if I click it, I must be dying. Nah, I have a couple of really cool Public Enemy tracks, a few Beastie Boys mash-ups and some other stuff in case it all goes horribly, horribly wrong.

What should be our next iTunes download?
You know Wax Fang? I guess you'd call it space-age rock.

You've been working with Scope raising disability awareness. Where's that taken you?
Recently I was in Downing Street. Samantha Cameron is a very lovely woman, and from my understanding David Cameron is a *Breaking Bad* fan.

You once said if you weren't an actor you'd be a fisherman. How do we catch a whopper?
It comes down to weather conditions, water temperature, where you're fishing, what you're fishing with – it's more than just a good bait. But if you're good, you can do it with anything. I used to go with hooks and cheese.

***Breaking Bad* fanboys are intense. Have you had any funny encounters?**
I sign a lot of cereal boxes, that's pretty entertaining. And I get packs of raw bacon.

Be honest, what did you think of Better Call Saul?
It's really cool. I'm so happy for Bob Odenkirk, because he really deserves it and I don't think many people can give the performance Bob gives.

It must suck that, given the timeline, Walt 'Flynn' Jr would be a nipper in *Better Call Saul*?
Yeah, Walt Jr's not even walking. Literally! He's probably still sperm.

What if Vince Gilligan wrote you a spin-off? *Better Call Flynn* has a ring to it…
No! Not even Vince could turn that into something.



THIS IS NOT A WATCH

It's 689 calories burned this morning
with 4,300 songs at my control.
5 perfect group selfies at the party
with 25 Facebook notifications the next day.



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08

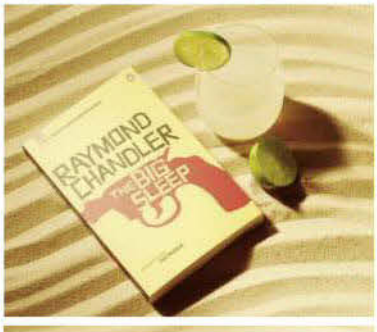
Big reads

Find your perfect holiday reading partner

Your summer holiday is the perfect time to catch up on all those man books you know you *should* have read. But polishing off tome after tome is thirsty work, especially while sunning yourself by the pool and eating your weight in salty continental crisps. What you need is a chilled alcoholic accompaniment. Luckily for you, all your favourite authors were raging boozehounds, so you can channel these six genius wordsmiths with their poison of choice as you lose yourself in their finest works…

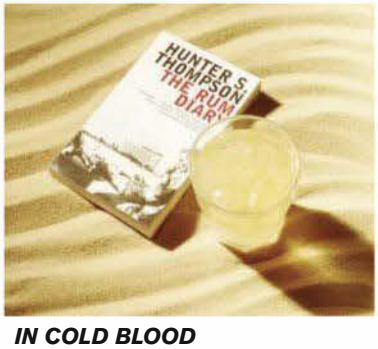












MEN WITHOUT WOMEN
Ernest Hemingway

Even if he hasn't, every man will tell you he's read Hemingway's *The Old Man And The Sea*. But this alternative collection of short stories about bullfighting, drinking, sex and death, will punctuate your trips to the bar and dips in the pool wonderfully.

Perfect poison: Mojito.

Author's encouragement: "A man does not exist until he is drunk."

POST OFFICE
Charles Bukowski

You're not alone in dreading a return to your 9-5. Bukowski's Henry Chinaski feels your pain, so tries to numb it out by splashing all his wages on booze, hookers and gambling.

Perfect poison: Boilermaker (beer and whiskey shot).

Author's encouragement: "Stay with beer. Beer is continuous blood. A continuous lover."

THE BIG SLEEP
Raymond Chandler

Nothing will keep you rooted to a sun lounger like one of the world's finest hard-boiled LA detective novels, even 76 years on from its first publication.

Perfect poison: Gimlet.

Author's encouragement: "I think a man ought to get drunk at least twice a year just on principle."

BIG SUR
Jack Kerouac

Take time off work, forget all your responsibilities, grab your closest pals, head for the coast and get so drunk that you make a right tit of yourself. Sounds familiar, right?

Perfect poison: Margarita.

Author's encouragement: "Don't drink to get drunk. Drink to enjoy life."

IN COLD BLOOD
Truman Capote

Grasping how brutal a human being can be is the second most shocking thing about this page-turner, after the realisation that it *actually* happened.

Perfect poison: Screwdriver.

Author's encouragement: "In this profession, it's a long walk between drinks."

THE RUM DIARY
Hunter S Thompson

Proof that drinking is far better when done under the sun. Or after being chased by Puerto Rican gangsters.

Perfect poison: Wild Turkey whiskey and ginger beer.

Author's encouragement: "I'd hate to advocate drugs, alcohol, violence or insanity to anyone, but they've always worked for me."

PHOTOGRAPHY: MARCO VITTUR

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09

Blockbuster

Plead with Pratt to stop

After endless warnings, you'd think Chris Pratt and co would have learned not to bring dead things to life in this month's *Jurassic World*. Check out this brief cultural history of bungled resurrections before super dinos eat their way through Earth all over again…

What gets brought back?	When?	Is electricity involved?	Resulting carnage?	Do it again?
Children 	*Pet Sematary* (1989)	Nope, an Indian burial ground that brings a dead son to life.	Son comes back, is evil, parents fare poorly.	**NO** ✗
Various human parts	*Mary Shelley's Frankenstein* (1994)	Yep.	Creature kills his creator's brother and missus, too.	**NO** ✗
Dog 	*Frankenweenie* (2012)	Yep.	The most adorable dead thing ever.	**NO** ✗
Caveman	*California Man* (1992)	Yes, a frozen man is put near a heater, which melts him alive.	A Terminator impersonation by Brendan Fraser as the caveman.	**YES** ✓
Doll 	*Weird Science* (1985)	Yep.	Someone gets turned into a poo.	**MAYBE** ?
Hitler 	*They Saved Hitler's Brain* (1968)	No need, Hitler's head barks orders from a jar, like in *Futurama*.	Forget the Führer's head, it's the actual film that's the stinker here.	**NO** ✗



10

Cricket lesson

Swot up on the Ashes

Before the UK is bombarded by Foster's-chugging Aussies looking to chant obscenities at our batsmen, let England bowler Stuart Broad school you on what to expect when the Ashes kicks off on 8 July…

Aussies will fear the beard
"I think Moeen Ali – the beard that's feared – will be the leading wicket taker. Like the last Ashes series here, the wickets will be slow, but they've got quite a few left-handed batters, and as a right-arm off-spinner he'll be dangerous."

Cook in the crosshairs
"Captain Alastair Cook will be number one on their hit list. His MBE was for how many runs he scored against Australia so he's got a great record."

You'll hear quality chants
"In the last Ashes, I started whistling along to 'Broady's a wanker' because the tune's catchy. Fortunately, this year it's in England, so being outnumbered by the Barmy Army, I'm not sure we'll hear much from the Aussie fans."

Pray for rain
"We're playing at home, so it will rain some days, which means there will definitely be a draw. I think we'll win it 2-1."

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11

Film birthday

Find the meaning of life in *The Goonies*

Picture the scene: It's 6pm on a Sunday, your triumphant weekend is petering to an end; it suddenly dawns on you that it's not really been a triumph, and that so far all you've done is watch the *Dinner Date* omnibus, eaten a grab bag of Quavers and nipped out to buy some bog roll. And then you spot it. Repeated for the 438th time on Channel 5, it's *The Goonies*. Calm is restored, the Red Stripe's hissed open, and life feels good again.

The movie turns 30 this month and, in true *Goonies* spirit, is still screaming 'never say die' as it continues to reflect what it really feels like to be a man who's effed off with life. Sure, the premise of a hunt for a giant pirate ship is daft as coconuts, but the true beef of the film is about awkward relationships and coming of age in the face of adversity. And it's often forgotten just how dark it is.

The protagonists are lonely, disposed children facing a heartless eviction that will render their families destitute. There's corpses, abduction, genuine peril aplenty, and the scenes involving the Fratelli criminal fraternity (and their imprisoned, tormented, disabled brother) are harrowing.

So why is it so good still? Perhaps it's the frequent acknowledgement that life ain't a Disney romp. The story could just as easily be set in a run-down Cornish seaside town in 2015, with the Goonies stranded in poverty by welfare cuts and the bedroom tax, yet still possessing a spirit of adventure that we all aspired to have as kids.

And even if it doesn't touch you on that deep a level, it should still give you the sort of hope and escapism that'll navigate you through the shittiest of Sunday nights. Although you might be getting a bit old to be still pausing the bit where you sort of see up Andy's skirt…

PICTURES: REX, ALAMY

STAND-UPS AT BREAKFAST

Christian O'Connell
LISTEN WEEKDAYS

Frank Skinner
LISTEN SATURDAYS



Absolute Radio

Cool materials



Pigeon, £15, scouteditions.co.uk



Stance Logo, £6, beach.london



Bruised Tongue Ouija Board, £6.50, beach.london



CHECK YOUR BALLS

Artist Kyle Platts – a pal of our fave illustrator Sam Taylor – has designed a freaky penis and boob face that's awesomely bonkers. *Dicknose Van Boobenchin, £5.50, enamelchin.com*



Ged Wells Bear, £9, insaneemporium.com



So Tired, £7, lazyoaf.com



No Time For Anything, $5, explorerspress.com

PIN-O-RAMA!

Jump on the year's coolest trend by sticking any of these gotta-have pin badges through your jacket pocket



Barbed Wire Heart, $5, bruisedtongue.bandcamp.com



FILL YOUR POCKETS

Vancouver brand Explorer's Press crams its online shop with pocket-sized pieces of cool, from rings to postcards. *Lost At Last, $5, explorerspress.com*



Pretzel, £5.50, carlpartridge.co.uk



Shooter's, $5, explorerspress.com



BATTER YOUR SAUSAGE

The saveloy sausage was originally made using pig's brains. Think about that the next time you're enjoying one down the local chippy. *Saveloy, £5.50, enamelchin.com*



Sensitive Artist, $5, explorerspress.com



Especially For You, $5, explorerspress.com



Copson All Day Long, £5, beach.london



Sunday Morning Plant, $5, explorerspress.com



Superstitious, $5, explorerspress.com



Red Rose, $5, explorerspress.com



GH logo, £4, goodhoodstore.com





Hang Loose Forever, £6, beach.london





Donuts, $8, valleycruisepress.com

SKATE OR DIE

Skateboarding graphics legend Jim Phillips, the guy behind the Santa Cruz 'screaming hand', first penned this design in 1983. *Natas SMA Panther, £5.50, enamelchin.com*



Double WTFFTW, $8, stugazi.bigcartel.com

EAT HEALTHY

Just like with an actual fresh-from-the-oven pizza, eating this will tear the top of your mouth to excruciating shreds. *Pizza Emoji, $5, yosickzine.com*



CHEER UP

Forget Grumpy Cat, 2015 is the year of 'Disgruntled Trippy Acid Toad'. *Rob Flowers Toad, £5.50, beach.london*



Ice Cream, $5, yosickzine.com



CRACK ONE OPEN

A tropically cool reminder that pub time is never too far from your reach. *Chill Coozy, $8, valleycruisepress.com*



Ship, £15, scouteditions.co.uk



Psychic, $5, explorerspress.com



Ninja, coming soon to thisiscatalogue.co.uk



Freshco Smiley Face, £7, beach.london





Rong Hand, £6, beach.london



OWN AN ICON

James Jarvis, Brit illustrator and vinyl toy revolution pioneer, has lent his pens to the likes of Nike, Stüssy and now, your denim jacket. *Saturn Devouring His Son, £5.50, enamelchin.com*



Puffy Shirt, $8, valleycruisepress.com



Parra By Rockwell No Skulls Please, £12.50, beach.london

EAT HIS SHORTS

Homer and Bart Simpson hurl themselves into mystical Asian iconography. Obviously. *Yin And Yang, $8, stugazi.bigcartel.com*

WITH THANKS TO BEACH.LONDON

Essays for men
BY JOE MACKERTICH



IS THIS THE END OF MEN AS WE KNOW IT?

The differences between men and women are getting smaller. So what does the future hold for us?

Depending on how you look at it, the women of the Sanumá tribe in Venezuela are either really fortunate or particularly unlucky. The female members of the hunter-gatherer rainforest community have – for as long as anyone's ever known – called the shots. In Sanumán society it's the ladies who organise functions. It's the women who arrange marriages. It's even the women who labour in the fields, distribute crops and carry tools back and forth through the jungle.

Why are they unlucky? Because their male counterparts haven't kept up their end of the bargain. While the ladies are running things, the men have relinquished all responsibilities apart from those relating to mystical rituals. And it just so happens that Sanumán mystic rituals revolve around the hammering of naturally occurring psychotropic drugs like DMT. Picture it: the women – broad-shouldered, capable, full of beans; the men – withered, giggling, stoned and useless, like your wasteman nephew after a weekend spent with nothing for company but *FIFA* and Pringles.

The Sanumá situation is extreme, but it could provide a microcosmic illustration of the way things are heading. Physically, men have been on a downward spiral for some time. Our aboriginal ancestors, judging by their skeletons and footprints, would have been able to run as fast as Usain Bolt. Rowers in Ancient Greece could perform feats that can't be duplicated by modern athletes. The arm bones of elite tennis players are *still* less thick than an average man from previous millennia. And it's not just our

arms and feet getting weaker. Thanks to changing genetic priorities, our faces are, too. Recent research has discovered that modern women are attracted to men with less masculine features. Softer faces, so the theory goes, are subconsciously associated with traits that actually matter in the 21st century: stability and caring. As a result, the planet's Robert Huths and Jon Hamms are being eliminated from the gene pool. In 50 years' time, blokes with square jaws and powerful brows could be endangered, galumphing across the horizon, hunky features set in chiselled grimaces as they come to terms with imminent extinction.

Men then, are atrophying. This shouldn't come as a surprise. How many women do you know whose idea of a good time consists of sitting on a couch for 49 hours playing *Black Ops* [*Fig.1*]? It won't be long until we're a forlorn, lesser-strain of weak-chinned peons, brittle spines bowed from hours spent in front of computers, libidos depleted due to PornHub addiction. Women, meanwhile, have been making up for lost time. The gentler sex has never been more awesome. Olympic swimmer Ye Shiwen frequently clocks times faster than those achieved by men. The success of South African runner Caster Semenya resulted in her having to prove to the world (by DNA testing) that she wasn't a man. And – as you well know – Serena Williams could beat the piss out of 99% of us without breaking a sweat [*Fig.2*].

It goes without saying that women are smarter than men. Exam results at all age groups show that girls do better than boys. Hedge funds managed by women do three times as well as those that aren't. And companies with female CEOs, on average, outperform those with male CEOs by 50%.

Women are coming to the fore in all sorts of areas traditionally thought of as the sole and rightful domain of men. Since the notorious writer Christopher Hitchens declared that 'women are not funny' in 2007, a plethora of female performers and writers have put paid to the lie that girls – if they *are* going to try their hand at comedy – need to stick to jokes about diets, sanitary towels and silly boyfriends. Tina Fey, Amy Schumer and Amy Poehler create popular TV and film every bit as quality as *Curb Your Enthusiasm* and *I'm Alan Partridge*. Clearly the funny bone is not located in the penis.

Dating apps like *Tinder* have helped shift the paradigm, too. Guys have always liked to believe they had the monopoly on the dating game, strings free or otherwise. These days, a girl doesn't have to wait for some slack-jawed clown to amble his way across a pub to ask her out. She can pick and choose whoever she damn well wants, plucked from a never-ending catalogue of eager men, often topless, sometimes posing with wild animals [*Fig.3*].

The good news is that this state of affairs is something to be celebrated, not feared. For previous generations of men, the accepted supremacy of their gender came with the burden of tremendous responsibility. Most of our dads and grandads were, by and large, expected to single-handedly support their families financially. Now men aren't the sole breadwinners. The last few years has seen an 80% rise in the number of families in which the mother is the biggest earner.

The standard dynamic, whereby women stay at home to raise children while men earn a living, is being eroded. Currently in Britain, only 40% of dads have taken paternity leave, but the numbers are on the increase. In Sweden, the government gives every family a gender-neutral parental leave allowance that pays 90% of the household income for 180 days per child. The parents are free to divvy up those days between them.

It's a brave new world. And it would be a massive shame if we bottled it like the Sanumán caners, sat on our arses, dumbly waiting for the day women evolve to the point they are able to procreate without us. We're lucky to live in an age in which men and women approach the gnarly bastard that is adult life as absolute equals. Let's not let the ladies down.



Fig. 1
Although women *do* play video games, research shows that the 'hardcore' gamers who play for 20-plus hours per week are mainly men.



Fig. 2
We cannot get enough of women who could tear us limb from limb.



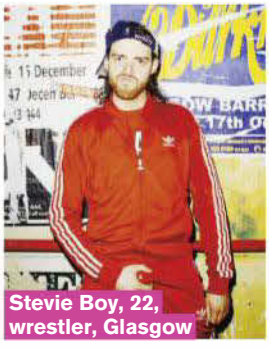
Fig. 3
Don't believe us? TinderGuysWithTigers.tumblr.com is actually a thing. Yes, really…

PICTURES: SHUTTERSTOCK

Tell FHM

WHAT'S THE LAST

We grilled the crazed wrestlers and fans of ICW



Stevie Boy, 22, wrestler, Glasgow

"I couldn't be dicked with school, so I convinced my dad I was taking exams. I was off for a month on 'study leave'."



James, 28, pet shop worker, Glasgow

"I was finishing with a girl and said I'd got a job overseas. She kept trying to reach me, so I had friends pretend I'd been killed."



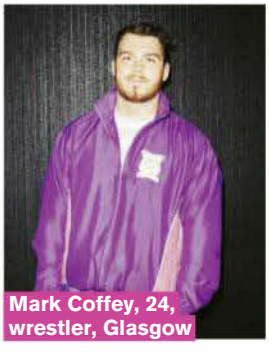
Lou King Sharp, 18, wrestler, Glasgow

"When I found out my nan and dog had died, I picked myself up and kept strong for the job. I performed. It's what we do."



Jay Gallagher, 24, retail, Glasgow

"Telling my ex-girlfriend I liked her. I didn't, and proved it by sleeping with her sister."



Mark Coffey, 24, wrestler, Glasgow

"An orgasm. I really didn't want to be there so I just did a fake panting noise, yelped 'I'm finished' and ran away."



Lionheart, 32, wrestler, Ayrshire

"I was in America for six weeks and I pretended I was a Manchester United player. I got a free tattoo out of it."



Wee Man, 21, wrestling manager, Motherwell

"Pretending I'm a hard man, but I'm not. I'm happy to entertain that – I'd rather they didn't know I'm a tiny, terrified child."



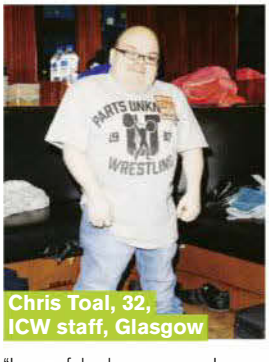
Joe Hendry, 26, wrestler, Edinburgh

"I'm in a band, and ended up playing to 15,000 at Iceland's biggest festival. I told them we were famous."



Mikey Whiplash, 35, wrestler, Stoke-on-Trent

"Me and wrestler Grado faked a rivalry. It was so convincing that his friends once tried to jump the barricade to get me."



Chris Toal, 32, ICW staff, Glasgow

"I once faked an orgasm. I was getting nowhere, so quickly ran to the bin to dispose of the phantom orgasm."



Lewis Girvan, 20, wrestler, Renfrew

"A knee injury in front of thousands of spectators. They believed it, until they saw me walking out the building later."

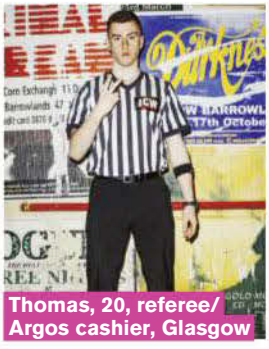


Veronica Le Strange, host, Glasgow

"I wanted to prove myself to some punks, so I got a goldfish bowl and drank it all. They were vegans, so they were horrified."

THING YOU FAKED?

Barrowmania about the last time they bullshitted…



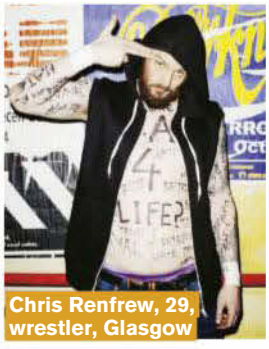
Thomas, 20, referee/ Argos cashier, Glasgow

"I spoke fake French to a girl in a bar. We went back to her flat, and in the morning I said 'au revoir'."



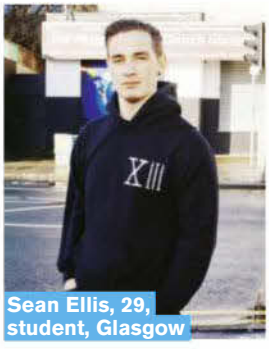
Carmel, 26, wrestler, Edinburgh

"I always faked illnesses to get out of school, but I'd get the very same illness days later. That's karma."



Chris Renfrew, 29, wrestler, Glasgow

"I used to pretend that the Ultimate Warrior was my uncle as a kid. I began to believe it myself. I still do."



Sean Ellis, 29, student, Glasgow

"I was in Newcastle and my sister is a *Geordie Shore* fan. I kept telling her that I'd walked past the celebs to wind her up."



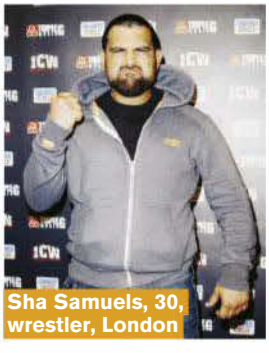
Becky, 18, cosmetics, Aberdeen

"I lied about my age to sneak into a nightclub. I had a fake ID. It didn't look like me. It looked like a convict."



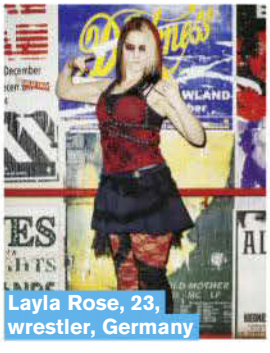
Joe Coffey, 26, wrestler, Glasgow

"I couldn't finish the job in bed, so I just screamed 'uaorgh', got up and left. She bought my performance."



Sha Samuels, 30, wrestler, London

"I failed my GCSEs, so I scanned it into my computer and edited it. To this day, my dad thinks I got Bs."



Layla Rose, 23, wrestler, Germany

"I broke up with a boyfriend by telling him to fuck off. That was that. I tell everyone to fuck off. No faking."



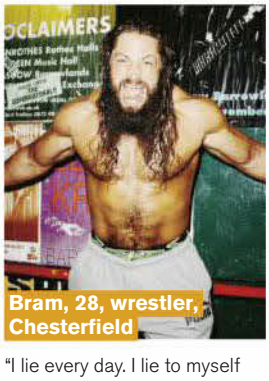
Noam Dar, 21, wrestler, Ayr

"I tell people that independent wrestling is cooler than WWE. I say it's more underground. I'm the original wrestling hipster."



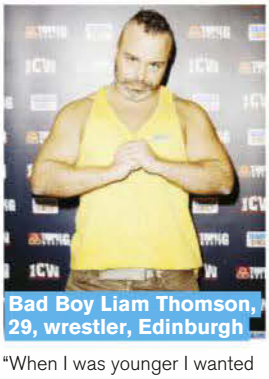
Grado, 27, wrestler, Stevenston

"I applied for the police and my application was all lies. I said I'd helped a Polish guy keep away bullies on his street."



Bram, 28, wrestler, Chesterfield

"I lie every day. I lie to myself – and I get away with it. Without a doubt, I'm the best at getting what I want."



Bad Boy Liam Thomson, 29, wrestler, Edinburgh

"When I was younger I wanted glasses, so I pretended to have shit eyesight. The optician caught me out, though."

WORDS: NICK POPE. PHOTOGRAPHY: SAM CLIFFORD-HARDING

HOW TO WEAR YOUR GIRLFRIEND'S CLOTHES

No, seriously, stay with us on this one…

It's not easy for a bloke to wear oversized, lipstick-red sunglasses and look as cool as a cucumber, yet after watching Kurt Cobain documentary *Montage Of Heck*, in which the Nirvana frontman dons his lady shades and, y'know, casually becomes a style icon, there's proof that it's totally possible.

Actually, in 2015, you don't have to be a *Smells Like Teen Spirit*-singing, internationally worshipped rock star to wear girl's clothes without looking like you're heading to a fancy-dress party dressed as Alex Reid. Nuh huh. This year is all about 'agender' – clobber that'll suit both you and your missus.

Department store Selfridges has even opened an entire section dedicated to garms designed for both males and females, proving that the trend has arrived on the high street.

Don't act so surprised. We all know a guy who swears by his nut-hugging, girly, skin-tight jeans, while you only need to walk through hipster cities like Copenhagen or New York to see the fairer sex rocking manly brogues and straight-leg trousers. The gender boundaries have blurred, making it impossible to tell if clothes like these are made for you or your other half…



EXHIBIT A
Kurt Cobain at the MTV VMAs in 1993

HIS OR HERS...?



£200, Stutterheim at oki-ni.com



£75, bethnals.com

£52, vans.co.uk



£49, Armor-Lux at endclothing.co.uk



£150, Sandqvist at contentstorelondon.com

PHOTOGRAPHY: GIANNOREA TRAINA, GETTY

FEED YOUR MUSCLES

Find protein-filled snacks a bit dull? Time to take them to a whole new level of awesomeness…

Protein powder helps to fuel, repair and maintain lean muscle so you can build a stronger, leaner body. And with USN's winning mix of products and flavours, you can easily combine it with delicious snacks that crush hunger pangs and power your muscles. Here are three easy recipes to get you in the kitchen.

BANANA YOGHURT SMOOTHIE

Boost your sleep – and your biceps – with this great banana-flavoured nightcap. Blitz together ¼ cup of almond milk, 150g of low-fat Greek yoghurt, one chopped banana, two scoops of strawberry-flavoured USN Casein Night Time Protein and a handful of flax seeds. The pre-bed treat contains sleep-inducing tryptophan and a 26.5g hit of slow-release casein to drip-feed your muscles as you doze.

CHOCOLATE PISTACHIO PANCAKES

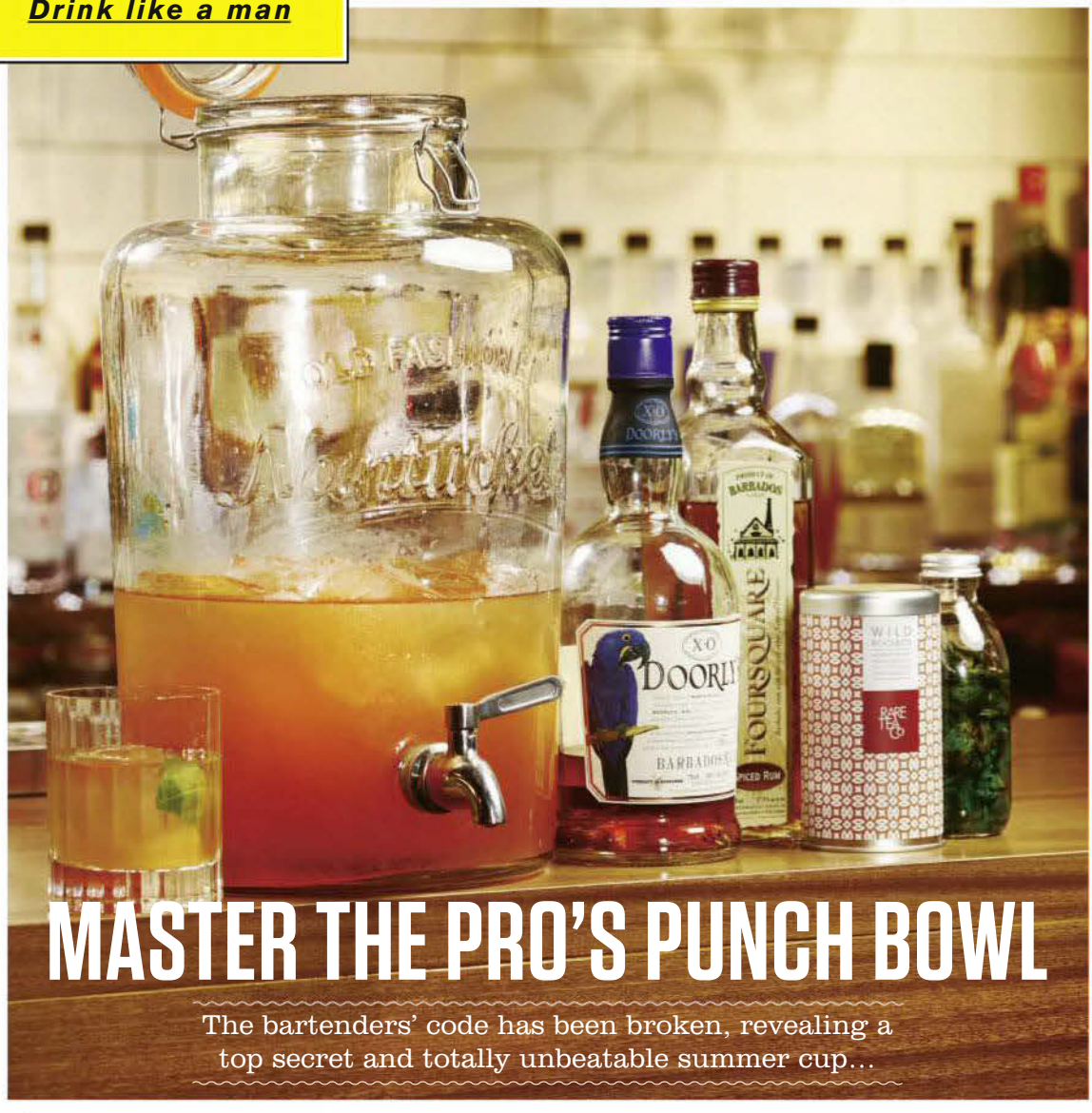
Turn your pancakes into a stack of protein-packed mancakes by whisking 30g of buckwheat flour, 1 tbsp of baking powder, ½ cup of almond milk, one scoop of chocolate peanut-flavoured USN Lean-8 Multi-Phase Protein and some chopped pistachios, then cook the batter for two to four minutes on each side in a pan. The fast, medium and slow-release proteins will fuel your muscles before the gym, while the pistachios deliver fatigue-busting iron.

PEACH AND WALNUT MOUSSE

For a dessert that will bulk up your muscles, not your belly, mix one scoop of peach and mango-flavoured USN Protein Mousse with 175-200ml of water. Shake for a minute and add a cup of sliced peaches, ¼ tsp of cinnamon and diced walnuts. The creamy mousse will satisfy your sweet tooth, while the 15g of protein blocks post-gym muscle breakdown.

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USN

MINIMUM BASKET VALUE OF £60. EXCLUDES ALL OTHER OFFERS. EXCLUDES ALL BUNDLES



MASTER THE PRO'S PUNCH BOWL

The bartenders' code has been broken, revealing a top secret and totally unbeatable summer cup…

"One of sour, two of sweet, three of strong, four of weak." As memorable rhymes go, this one doesn't *really* have the sticking power of, say, the Um Bongo advert. But these 12 words hold the key to opening up your summer to unbelievable levels of increda-brilla-sexy-coolness. This rhyming formula is the age-old bartender-only code to perfecting a summer punch.

Gone are the days of raiding your mum's dusty booze cabinet, hurling a crusty bottle of port in with a cherryade and hoping you've not birthed a genetic freak with the power to make you pass out before the barbecue gets lit. This year, with this code, we're declaring that every manly outdoors cook-out be accompanied by an expertly executed, mouth-bustingly tasty pitcher of booze.

To prove it, we enlisted Max Chater, master distiller at Bump Caves bar in London, to put it into practice…

SUMMER-WINNING BARBADOS PUNCH

Whack these ingredients into a massive jug, ice it up, pour it out, kick back and get your face in the scorching sun…

SOUR

One part lime juice: Juice a buttload of fresh limes. We did 40. We say 'we'. We mean the intern.

SWEET

Two parts strawberry sugar syrup: Dissolve sugar in water over heat, simmer with strawbs, cool, strain.

STRONG

Three parts rum: Walk to your local offy, pick out a bottle and hand over the required legal tender.

WEAK

Four parts rooibos tea: Brew a load of mugs of the stuff, like you do at work for your pals. Leave to cool.

PHOTOGRAPHY: MARCO VITTUR

HEAR MORE MUSIC!



YOUR GUIDE TO THE BEST SOUNDS IN THE KNOWN UNIVERSE...

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car CARMAGAZINE.CO.UK

The bloke test

Supported by...

This month's challenger...

JACKMASTER

Can the club-conquering Glaswegian DJ beat the manliest test on Earth with his franken-burgers and hotel arson?



01 Have you ever stared someone out?
Aye. Growing up in Glasgow you'd have to do this almost daily or you'd get your head kicked in. It's called 'growling' in Scotland.
Bloke ✓

02 Have you ever followed through on an exuberant fart?
Yeah, and it was on a date, too. I just flushed the boxers down the toilet then took her somewhere up the road.
Bloke ✓

03 What's the most masculine thing you've ever done?
Er, I once picked glass out of my mate's head after someone smashed him with an Irn-Bru bottle.
Bloke ✓

04 What's the biggest thing you've ever set fire to?
Only a post box, but I once attempted to set a whole hotel on fire in Austria. I quite often fire rockets out of my window when I'm pished, too.
Bloke ✓

05 Have you ever growled at yourself in the mirror?
No. I do talk to myself when I'm on my own though, which, being a single man, is a lot.
Not Bloke ✗

06 Have you ever missed a punch?
No, but I'm pretty good at dodging them. I was the Prince Naseem Hamed of Glasgow – except I'm better, because I can headbutt people too.
Not Bloke ✗

07 Have you ever worn a trilby?
Nah, I'd get beaten up for that. Trilbies are for wankers.
Bloke ✓

08 Have you ever used a voucher on a date?
No definitely not. I'm a bit old-fashioned with girls. I won't even let her buy a drink.
Bloke ✓

09 Have you ever fraped someone?
My flatmate and I do this almost daily, and we have a rule that you can't delete the posts. It's getting to be a bit of a pain in the arse, to be honest.
Bloke ✓

10 Have you ever shaved part of your body other than your face?
Just the pubic area. I've not been brave enough to Veet my gooch yet.
Bloke ✓

11 Have you ever had a successful DIY session?
Ikea is as close as I've come to DIY and I usually even fuck that up. I'm convinced they provide spare parts 'just in case'.
Not Bloke ✗

12 Has a girl ever put make-up on you?
A girl let me draw a bellend on her head in exchange for doing me full eye make-up. I'm a dab hand at drawing bellends, but I didn't know she was a professional make-up artist. I had that shit on for four days.
Bloke ✓

13 Have you ever used petrol to start a fire?
No, that's cheating in my book. Akin to using the instructions to build your Scalextric.
Bloke ✓

14 What's the biggest sandwich you've ever made?
The McGangbang: a McChicken Sandwich placed inside the humble Big Mac.
Bloke ✓

15 What's the strangest thing you've drunk from?
A very old and dirty shoe. And a subwoofer on a cruise ship.
Bloke ✓

12/15

You may fire rockets from your window, but that's still not enough to boost a less than explosive score.

MAN UP YOUR MANE...

Beef up your look with The Bluebeards Revenge medium-hold paste for touchable texture and depth. It'll leave you with an utterly manly mane that the fairer sex will be queuing up to run their fingers through.



BLUEBEARDS-REVENGE.CO.UK

WORDS: NICK POPE


FHM
HERO
THE
REVOLUTION
WILL BE
TELEVISED
(SORT OF)

A bedroom-based uprising is underway in the world of TV and entertainment. And its leader is a 21 year old with a 9 million-strong army: KSI

Words: Joe Barnes
Photography: Fred MacGregor

Olajide Olatunji – 21 years old, confident, dressed in high-end streetwear – is sitting alone in a sparse interrogation room.

There are just a couple of chairs, a table, and a big mirror on one wall. Behind it, officious eyes bear down on him for nervous fidgets and garbled answers – the tell-tail signs of a plotting jihadist. It's the kind of room where, put a foot wrong, and you'll quickly hear the chilling snap of a latex glove.

"First time I went to New York, it was horrible," says Olatunji, or JJ for short. "I just sat there in a room and they didn't say anything for hours."

For the uninitiated, passport control in the US can feel a tad hostile; a place where even a granny on her way to Disney World begins to question if her bridge club is not in fact a dormant Al Qaeda cell. Anything slightly unusual, or something the immigration officer just doesn't get (which can be a lot), and you're bundled into The Room.

For JJ, the sticking point is his job. "I put down 'YouTuber' and they're like, 'What is this?' I explain I make videos and put them out on YouTube. And they go, 'What? How can you can make money from that?'"

As it happens, JJ has made a considerable amount of money from 'that'. If you need proof, how about the metallic-purple Lamborghini Aventador in his drive (starting price £250,500). Or maybe the flash London pad he bought for himself and his mates? Or perhaps the house in Kent he purchased for his parents?

But a 21 year old with a turbo-charged supercar can provoke more questions than it answers when it comes to The Room. So, why didn't he just ask the official to Google him?

"I told them! Just type in KSI and you'll find me. And they're like, 'OK, whatever.' And then there were just a whole lot more questions!"

Thankfully for JJ, the amount of people who don't know who he is is

dwindling with each video he makes. Better known by his nickname KSI, the current number of subscribers to his main YouTube channel weighs in at more than 9.25 million (that's equivalent to double the population of Ireland). His total number of video views is 1.6 billion. He has the second most popular YouTube channel in the UK, beaten only by One Direction, and makes those belonging to WWE, MTV and Miley Cyrus look like church parish newsletters. To put that into context, JJ has essentially built an entertainment channel to rival the likes of E4 from his bedroom.

It was there, back in 2009, in his parents house that the 17 year old began uploading videos of himself commentating on his *FIFA* sessions. "I was actually quite good back then… I was really good," he says, ditching the modesty. "I'd literally run rings around people and do crazy stuff. Then I'd edit the footage, stick some cool music in the background and put it out there as a sick video."

The videos quickly generated a small but loyal fanbase – just a few thousand people at first but enough to generate a tidy income for a teenager. "I told my biology teacher I wasn't enjoying school as much as YouTube. He asked me how much I was earning each month. When I said £1,500, he was like, 'What? That's way more than I get.'"

HE'S COME A LONG WAY FROM THAT BEDROOM IN WATFORD –

about 25 miles this morning, to be exact. We're in a wrestling ring under a railway arch in south London; trains thunder above us, the commuters on the 9.45 to Victoria unaware that just a few feet below them, one of the UK's biggest entertainment stars is limbering up, getting ready to try his hand at a suplex.

We've been told in no uncertain terms by one of his publicists to keep the exact location for the interview a secret. "Please, no tweeting, Instagramming or Facebooking where we are until after we've left," warns one very excitable guy on set, "or we'll have hundreds of fans swarming all over us in minutes." JJ later tells us it'd more likely be "two fans, and their mates, who'll all just line up for a picture." But we decide it's best not to put it to the test.

FHM is gatecrashing the filming for Rule'm Sports, an offshoot KSI channel in which JJ tries his hand at everything from slam dunks to keepy-uppies, with cameos from sporting megastars. If it all looks slicker and shinier than his normal output, then that might be something to do with JJ's teammate on the project: Endemol. Yes, that's the same Endemol that creates and runs TV stalwarts *Big Brother* and *Deal Or No Deal*, and one of the biggest media companies on the planet.

While US immigration might not be aware of KSI, the most powerful players in the entertainment industry are. And they are taking JJ very seriously indeed. They're not alone; there are also brands from KFC and *The Sun* to Microsoft and Samsung who want a piece of KSI magic, and are prepared to dig deep for it. Which begs the question: can a homegrown YouTube star sell out?

"That all depends on the brands you work with. There are so many that hit me up, it's just ridiculous."

And the money? "Like, disgusting amounts! But if it won't work for my audience then I turn it down. You can't do stupid things for a bit of cash because it could ruin the brand and make me look cheap."

It's a balance that, right now, JJ appears to be getting right: raking in money with no signs of discontent from his loyal fanbase. We suspect that if he chatted income with his former biology teacher today, the poor bloke would likely crumple to





the floor, sobbing into his hands over his life choices and shattered dreams.

JJ NEVER FINISHED SCHOOL. HE WAS KICKED OUT

after flunking his A-Levels ("thanks to YouTube"), which meant more time to dick around in front of a camera and, almost inadvertently, build the KSI brand. He's long since expanded from *FIFA* commentaries to producing as many as 40 videos a month; everything from interviews with The Rock to very-close-to-the-bone comedy sketches.

Our favourite: JJ is dressed in a monkey costume roving around central London, preying on hapless tourists. A mate asks the strangers what they think the animal is. When they answer correctly, JJ whips off the head and chastises them for daring to call a black man a monkey.

It's edgy, it's bloody funny, and it's got 8.4 billion views and counting (that's more than an average episode of *EastEnders*). It's also a perfect example of the borderline-offensive videos that KSI fans lap up, and have helped make JJ an idol to millions. Most of them, as he readily acknowledges, are primary and secondary school kids. However, not all his sketches are the right side of the borderline; in 2012, he was widely criticised for his so-called 'rape face' videos.

The humour was offensive and inexcusable but in reality, it was the sort of poor-taste joke that many young lads make. The difference? JJ wasn't making it in a bar with his mates – he was doing it in the public eye, and in front of millions of impressionable fans. At the time, his manager issued a public apology attributing the debacle to his age (he was 18 years old).

The same publicist who asked us not to tweet JJ's whereabouts has asked us not bring this up. But we



don't have to – he does it for us. "Listen, I was young and naïve and didn't really know much about the world" he says. "Of course I regret it. But I've become a man since then."

There is a lingering sense that JJ has begun to accept that, as the saying goes, with great power comes great responsibility. That and the fact he's a superpower brand that needs careful management.

"My new videos have changed," he adds. "I don't do certain things just because it will affect people. Whereas before, I was just a boy making videos in my room thinking no-one's here."

THE PUBLICIST IS NOW TRYING TO CATCH OUR ATTENTION,

manically rotating his fingers: international TV sign language for 'wrap-it-the-fuck-up'. Filming is about to begin on the next instalment of Rule'm Sports.

When the camera flicks on, we witness an amazing transformation. JJ is, by all accounts, a polite, charming, down-to-earth individual, but when he's on screen – when he puts his KSI hat on – it's suddenly much easier to understand his huge, meteoric success. The achievements of YouTube's handful of megastars leaves many bewildered at how it's done but the answer, for JJ at least, is blindingly simple: he's absolutely bloody brilliant in front of camera. This is helped, in no short measure, by his laugh. It's booming, infectious and reverberates around the entire room.

Like all the best presenters – Davina McCall, Jonathan Ross, Dermot O'Leary – on screen, JJ has that exaggerated 'normalness'.



It doesn't feel like he's presenting; he talks to the lens as he would a mate and it creates an intimacy with the viewer which, be it on a TV or mobile screen, is entertainment golddust. Where the average person shrinks in the same situation, JJ is about 20% bigger – his laugh is louder, his jokes are natural and free-flowing… and he does it all with apparent effortless charm

It's not hard to see why so many have clicked the 'subscribe' button on his channel. But what for the next generation of YouTube wannabes? The bedroom web nuts who dream of following in his Lambo tread marks? With the influx of cash from huge corporations, the production values getting slicker and a small elite dominating the platform, has it now become impossible for a young guy or girl with shit-hot *FIFA* skills or useful make-up tips to build a fortune from their room?

"It's definitely a lot harder to make it on YouTube nowadays than it was a couple of years ago," JJ reflects. "It's just the way it's built now: it feeds the big guys and then it doesn't really do much for the little guys. And the guys in the middle: nothing happens."

It's an explanation that belies how much effort JJ has put into building his channel and brand. Perhaps the 'little guys' or 'guys in the middle' just aren't prepared to put in the hours. Making 40 videos a month requires a hell of a work ethic, and then there's the 5am bedtimes. "It's normally me just editing or going through emails" he says. "Then there's Facebook, Snapchat and Twitter. Just making sure everything's on check." From the outside the KSI story looks very much 'on check'.

"I'm happy with the position I'm in," he says, just before we leave him to his wrestling. "But the thing is, I always want to do more. I'm looking to get a Bugatti next. That's my mantra: I'm always moving on to the next."

Watch new episodes of Rule'm Sports every Wednesday, Saturday and Sunday

YouTube for grown-ups

It's not all Zoella and cat compilations, you know…

V SAUCE



Number of subscribers: 8,760,760
Who is it? The super-intense Michael Stevens delivers lectures with a heavy scientific bias, which means anything from a study of the human eye to an episode called *Guns In Space*.
If you have to watch one video…
See the brain-enlarging *What If Everyone Jumped At Once*. You'll find out that the Fukushima earthquake made the Earth spin faster.

VLOG BROTHERS



Number of subscribers: 2,555,250
Who are they? John and Hank are two nerds from the USA who make videos that stretch from the bizarre to the informative. Often at the same time.
If you have to watch one video… Go for John's history of Boko Haram. Everything you need to know in just 10 minutes. Not so many laughs in this one, mind.

MKBHD



Number of subscribers: 2,101,716
What is it? Don't know what camera to buy? Worried your Bluetooth keyboard won't connect every time? Fret no more. Marques Brownlee (he's American) delivers tech reviews you can rely on.
If you have to watch one video… Check out his video of why the iPhone 6 bends (or doesn't).

BRITISH PATHÉ



Number of subscribers: 387,599
What is it? Pre-telly, people used to go to the cinema for news, and Pathé provided it. Hence its 85,000-strong archive of world events from the days of ye-olde-black 'n' white.
If you have to watch one video… Try the horrifying footage of the 1937 Hindenburg Disaster which saw a huge airship go up in flames.



THE OTHER GUYS

They're the men who shun the spotlight and aren't fussed about fame. Meet the unsung heroes making other people look good

Words: Matt Blake, Nick Pope and Joel Golby



THE DAREDEVIL YOU DON'T SEE

As Bear Grylls' cameraman, Danny Etheridge, 37, spends his time following the country's most famous survivalist on all kinds of dangerous expeditions across the globe. But while Bear is celebrated for his struggle, Danny's is hidden behind a camera…

It's my responsibility to take people on a journey. That gives me a bigger buzz than stepping in front of the lens ever could.

I'd be a rubbish host anyway. Bear is more than just a presenter. He instills confidence in the crew. That's why he's the main man.

My job's about staying calm and focused. Sometimes your mind will be screaming at you to help out in a situation, but you just can't. You need to separate yourself.

The camera, rightly or wrongly, makes you braver. As soon as I hit record, I feel like I'm wearing a bulletproof vest.

I didn't feel so confident when Bear and I were left stranded with a 20ft shark. It looked like Jaws, and it began to circle us.

It rolled on to one side, and I stared straight into the blackness of its eye. I thought, "Fucking hell, this is it. I'm dead."

Unbelievably, it left us alone. The water stopped me recording, which was shit. My instinctual reaction to any sort of danger is to press that red button.

That's what happened when we were stuck under a rock fall in Scotland. I fell to the floor, turned the camera upwards and only then did I consider my own safety.

Bear and I look out for each other. We're a team, and just because he's in the spotlight it doesn't mean that I'm not there. We're all vital.

I know people at home forget I exist. But I'm fine with that. I want people to sit on their sofas and immerse themselves in the adventure.

I would never go on one of these trips just for fun. My sole aim is to show people how incredible the world can be. A special moment caught on film will always be more important than one man's ego.

Maybe when I'm old, I'll pull out my videos and relive these adventures. And it'll be through my eyes, just the way I remembered it.

Bear Grylls: Breaking Point is premiering on the Discovery Channel at 9pm on 10 June

THE HOLLYWOOD STAR (WITH NO EGO)

British actor Mark Strong, 51, has made a career of being a supporting actor in some of Hollywood's biggest films

I'd sooner play a supporting part than the lead for one simple reason: they are the most interesting to play. I quickly realised after leaving drama school that I could be a far more versatile actor by playing antagonists. These are what we call the character parts.

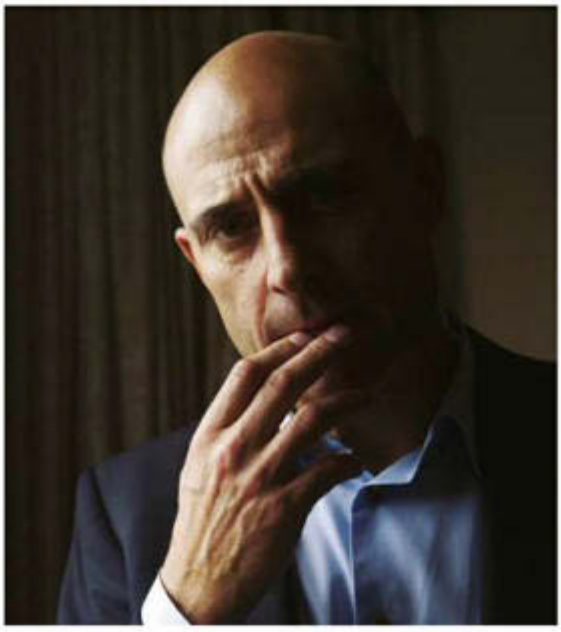
Often, the supporting characters are more complex. They are not necessarily hampered by a storyline that revolves around them so you can have a lot of fun with them. I've been lucky enough to play parts like Mussawi in *Syriana*. I mean, I got to pull out George Clooney's fingernails.

I've played some brilliant supporting parts in my career so far. They include Lord Blackwood in *Sherlock Holmes*, Godfrey in *Robin Hood*, Frank D'Amico in *Kick-Ass* and Merlin in *Kingsman: The Secret Service*. Merlin, in particular, is the glue of the film – he links all the desperate parts.

Rule number one when playing a supporting role is understanding your character's purpose. They always exist – in fiction, anyway – to serve the narrative. You've got to work out what you're doing and why. You cannot just go in and show off or change your lines or you could throw the whole film off balance.

American actors usually want to be the hero. If you act with one and the balance of power in a scene doesn't favour them, they'll often have a problem with it as if you're getting one over on them. It just makes me think, "We're telling the story, so what does it matter?" I shouldn't name names…

American culture reveres the hero, so they feel they have to be that guy. British actors aren't the same. I grew up playing complex villains like Macbeth and Richard III. There's an honourable roll call of British actors who did that – Anthony Hopkins, Jeremy Irons, Alan Rickman, Gary Oldman, to name a few. And that's because we're not obsessed with being the hero all the time.



It is very hard to sustain being the lead for your whole career. Unless you're Tom Cruise or George Clooney, you're going to have a shelf life because it's too easy to become typecast as a heartthrob or action hero.

Supporting actors, on the other hand, can go until they drop. Because you're constantly appearing as different people, you never exhaust the audience's perception of you.

Let's not forget that supporting actors get all the best deaths. I've been hanged over a half-built Tower Bridge by a chain and shot in the neck with an arrow while fleeing a battle on horseback.

But my favourite was being pulverised into dust as I was blown off a Manhattan balcony with a bazooka. When I saw *Kick-Ass* at the premier, everybody cheered and clapped. I thought, "That was just classic." You know you've played a good bad guy when you get an ovation when you die.

Kingsman: The Secret Service is out on Blu-ray and DVD on 8 June from Twentieth Century Fox Home Entertainment

SILVER SCREEN SIDEMEN

Beth Webb counts down the film and TV stars who were overlooked despite being absolutely amazing



Chris Pratt:
Five-Year Engagement
Before becoming one of the hottest names in Hollywood, Chris Pratt was the go-to guy for comic relief. But it's *The Five-Year Engagement* that he brings the most laughs to, with his winning buffoonery and a best man's speech to end all best man's speeches.

Michael Shannon:
Boardwalk Empire
The shady dealings of Steve Buscemi's reign in *Boardwalk Empire* can make it easy to overlook Shannon's sinister policeman. With his soul-destroying glare and weird bedroom antics, this menace is enough to keep things interesting for Nucky et al.



THE GUY WHO SPEAKS FOR THE RICH AND FAMOUS

Andrew Crofts, 62, is one of the world's most successful ghostwriters, having written 80 titles and sold 10 million copies, mostly under names far more famous than his own

Like a ghost, I have to be invisible. I spend weeks, even months, getting to know my clients before writing their stories in their own voice. What do I get for my services? Nothing but a cheque when all is done.

I have worked with victims of enforced marriages in North Africa and the Middle East. Also, sex workers, orphans in war-torn areas and victims of crimes, as well as gangsters, celebrities, oligarchs and dictators.

No one will ever know my role in many of the books I have written. I often sign contracts preventing me from even telling my pet spaniels.

So why do I do it? Yes, the money is nice. But more than that, hiding behind the title of ghostwriter, I can converse with kings and billionaires as easily as whores and the homeless; go backstage with rock stars and descend into the bowels of the Earth with miners.

I can stick my nose into everyone else's business and ask all the impertinent questions I want to. I can also live the pleasant life of a writer, my days unencumbered by hours of crowded commuting.

I was once given to a Dubai billionaire as a 70th birthday present. I didn't quite jump out, but not far off. The birthday boy was head of one of the richest dynasties in Asia. The party was like a scene from *The Great Gatsby*.

There was indeed a cake, but thankfully it was constructed around a famous Asian supermodel. She was nude but for cupcakes, of course – and I was only required to stand demurely beside her.

I was invited to write the memoirs of former president of Egypt Hosni Mubarak. I never got to meet him but took tea with his wife Suzanne before the Arab Spring swept him from power and threw him in jail.

One of the stranger moments was when I hid a very famous soap star in my home from an abusive ex-boyfriend. She was hot property, much loved by the tabloids who hounded her constantly.

Her mother rang to ask if I'd take her in. She arrived badly beaten with her current boyfriend and hyperactive dog. Our children adjusted very quickly, but our labrador had something close to a nervous breakdown.

People sometimes ask why I don't lust after glory. Because glory is actually very fleeting; most writers are only known to a very small part of the population. Do you know what Dan Brown looks like? There's not a lot of glory to be had as a writer, unless you're on television.

I'm happy to be the other guy. You get the commission, have the adventure – anywhere from a palace to a brothel – and return to the security of your own home. I live a wonderful life punctuated by stories that most people only read of… perhaps in one of my books.

Andrew's own memoir, Confessions Of A Ghostwriter (Harper Collins), is out now. Visit andrewcrofts.com

Mark Ruffalo:
Shutter Island
Only recently has Ruffalo had his fair share of the limelight, working his way up through supporting parts in *Zodiac* and *Collateral*. He's most notable, however, for keeping things real as DiCaprio's unkempt partner in Scorsese's *Shutter Island*.

Matt King:
Peep Show
What would *Peep Show* be without Super Hans? Ruling each scene he's in and delivering lines like, "People listen to Coldplay and voted for the Nazis. You can't trust people," this scrawny miscreant is a breath of rancid air that raises wicked laughs.

Kate Mara:
House Of Cards
There's no denying that *House Of Cards* belongs to Kevin Spacey and Robin Wright. But for someone so petite, no-one quite got in the way like Mara's fiery journalist Zoe Barnes. Dangerously determined, she packed an impressive punch.

Jeff Goldblum:
Independence Day
Will Smith may have been the leading man, but Jeff Goldblum brought charm as the 'Science Guy' who keeps his cool as the world falls apart. The mind to Smith's muscle, he's proof the other guy can save the day without getting his hands dirty.



THE CHAMPION-MAKING CYCLIST

Bernhard Eisel, 34, is an elite cyclist for Team Sky. As a domestique, it is his job to put ego aside and protect teammates like Mark Cavendish and Chris Froome, allowing them to triumph

My role is to protect the leader. Keep him out of trouble, out of the wind. You don't want him to end up at the back of the peloton, so you try to keep him at the front and shelter him from the wind.
I'm an all rounder, although I'm definitely more for the flats than for the mountains. Which means that, although I'd be considered normal for most people, in my sport they call me 'fat'.
When you have a leader, you want four guys to ride around him. He'll rely on a different guy for each part of the race. For me, that's usually the start of the stage. It's me keeping him at the front.
Do I like being a domestique? I'm actually better at doing my job for somebody else than doing it for my own sake.
Mark Cavendish is a proper leader. A good leader will always appreciate the work you do for them.
Normal people think we're mad. Travelling between 250 and 300 days a year, you don't go to weddings, or to parties, or clubbing.
Being a domestique is so tactical. There's a hundred small things the domestique has to go through, to think about. You check the wind, you check who's leading so you know who's going to attack, you talk to your teammates to see how they're doing.
The worst crash I had was on the Tour de France in 2012. We had to protect Bradley [Wiggins] because he had the yellow jersey. But it's also my job to deliver Mark Cavendish, the sprinter, to the end of the race. Somehow we ended up in a massive pile-up. We went down at about 70kph. It was brutal.
This is my job. Has it ever occurred to me to just say "fuck it" and push ahead and win the race for myself? No, never.
At some points you have to just realise that there are people out there who are better than you. I'm just trying to be the best and most loyal domestique that you can find.





THE ROCKER WHO HATES THE LIMELIGHT

As a guitarist for The Darkness, Dan Hawkins, 38, has spent the majority of his musical life in the shadow of his famous frontman brother

"Aren't you that other guy from The Darkness?" I can't count the amount of times I've heard that in my life. I just tell them to go fucking Google it if they want to know my name. That kind of thing just makes me laugh.

I've never felt a need to be the main attraction. At the beginning of my career I felt painfully shy on stage, and I was sick before every show.

It was my brother who helped me overcome that. I remember lifting my eyes at a gig and realising that nobody was looking at me. They were all staring at Justin, who was screaming his head off in a pink catsuit. That took a lot of pressure off.

Malcolm Young of AC/DC is my hero. When anybody thinks of that band, they picture his brother, Angus, rocking out in a schoolboy outfit, but Malcolm was the quiet beating heart.

Most people wouldn't even recognise Malcolm if they saw him in the street. He's a hard-drinking, chain-smoking guy with no interest in performing for the cameras. We share a similar outlook.

Bands can fall apart under the weight of too many egos. Guns N' Roses were always going to go off the rails, weren't they? I'm more than happy to work behind the scenes. I'm the producer and engineer of our new album. I'm a complete control freak.

Being the 'other guy' gives you a lot of perspective. Lead singers are often preoccupied with their own awesomeness. I'll never lose myself in a gig; I'll always be thinking, "Is this shit? How can we become better?"

Sometimes I look over at Justin and think, "What the fuck are you doing?" Without warning, he'll just stop performing and chat with someone in the crowd. It's difficult to embrace the chaos sometimes.

People will often just make a beeline for my brother. It doesn't bother me at all. I've got far more important stuff to be getting on with.

I still have my own hardcore fans. People have had tattoos dedicated to me, and children named after me. It's scary.

At the end of the day, the spotlight isn't that attractive. All I want to do is make something good. I want to improve myself and feel in control of my career. The applause only lasts so long.

THE RALLY CO-PILOT

FHM's motor-phobic Elizabeth Atkin travels to Sweden and finds out what the other bloke in a rally car is actually doing

I'm about to make my car-fanatic step-dad cry. Tears are forming in the corners of his eyes. Words are trying to come out of his mouth. I've just told him that I'm going to be co-driving for Kris Meeke at Rally Sweden.

"Oh my God," he gushes. "This is a once-in-a-lifetime opportunity. And it'll be on ice, too. It'll be incredible. I'd kill for this," he adds, a little too convincingly. "Whatever you do, don't eat or drink anything before the drive."

"Why?" I ask.

"They won't be very happy if you vomit all over their car."

Honestly, I don't even really know what a co-driver is, but now I'm nervous. There's going to be vomit? How fast do these rally things actually go?

Pretty fast is the answer. A quick YouTube search shows cars speeding faster than my eyes can keep up with, the muffled sound of unintelligible car-talk. Like Web MD-ing yourself from mild headache to life-crushing brain tumour, I've put the fear of God into myself.

I arrive in Karlstad for Rally Sweden in the middle of February, when the country is nothing but a pile of snow, broken up by the occasional ice-covered road.

There, I meet Citroën driver Kris the night before the five-day World Rally Championship begins. I also meet Paul Nagle, the one man who can actually say he co-drives for Kris Meeke. They're both Irish and they're both… smaller than I expected. Later, I realise this is essential if you have any hope of fitting into the rally car.

"So," I ask, "what does a co-driver actually do?"

"My job is to guide the driver from A to B, as fast and safely as possible," says Paul. His prep starts weeks before the rally, obtaining maps and videos of old rallies, learning the rules and regulations. He's also in charge of the admin – he holds on to the vital paperwork without which the team could be thrown out of the event.

"We relax for a day and then the recce [the 'reconnaissance', where the co-driver takes down notes detailing the turns on the track, fuel information and speeds needed for the competition] starts. I relay the information back to Kris on the second pass. I calculate the fuel, tyre pressures and everything else around the car, bar the driving."

It sounds simple on the surface, but it's exactly the opposite. The driver's two main objectives are: go as fast as you possibly can, and don't drive the car into a tree. But the co-driver does much more. Kris' job is to drive like a madman, while Paul's job is everything else.

Kris and Paul are out on a recce when I arrive at the Citroën tent to go through the pagenotes, which calculate the fuel, brakes, turns and anything else the driver needs to know about the track during the rally. "Our descriptions are one to six, which is gear-related. Six is flat out, and one is slow corners," Paul reels off, just as I'm rushed into the car and strapped in for the co-drive.

This is my first chance to talk to Kris about his co-driver without Paul being there. But he's starting and stopping the car at such a quick pace that I can't gather any of my thoughts. This is the process of warming up the brakes, to ensure they can handle the sharp turns. This is undoubtedly the worst bit.

The brakes are finally warm, we're almost at the starting line and the car is being mobbed by fans. Grown men are clawing at the windows trying to get a selfie.

"It's just part of the job," says Kris, not overly thrilled by the attention. Paul doesn't experience any of the adoration, and is almost irritatingly humble about it. By my account, he's the guy propping the driver up, getting him from start to finish in one piece.

The drive itself is over in a few blinks. We're flying across the ice – at 170mph. Gone are the feelings of impending doom and vomit, replaced by dizzying euphoria.

My view from the window is a blur of massive trees, glistening snow and people. People who are scarily close to the car. And then more trees. Trying to focus on just one thing is impossible, because it's gone in a flash. The rumble of the engine is deafening. How can anyone read out instructions in these conditions?

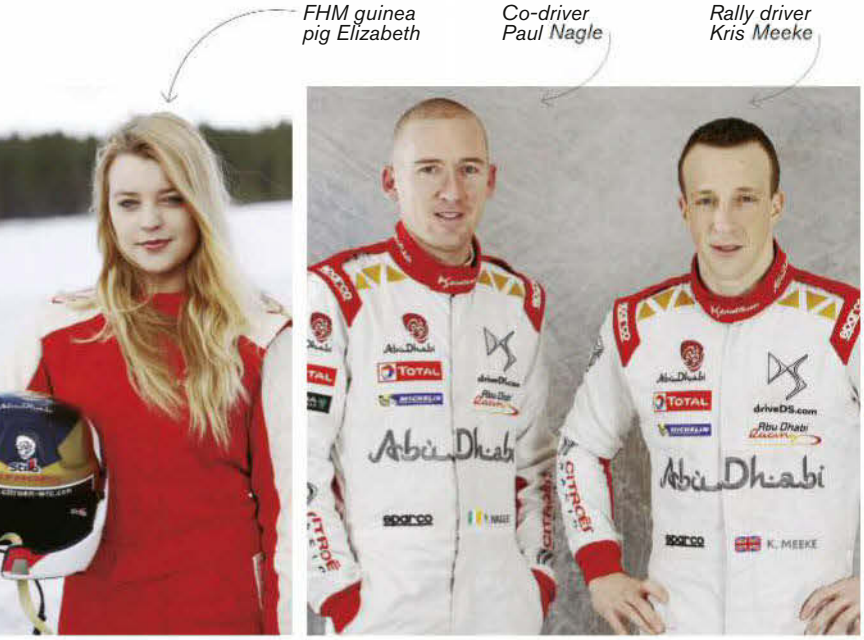
I crawl out of the car, completely high but also shattered. Everyone around me nods knowingly, because this rush of pure adrenaline is nothing new to them.

Rally driving is the one sport where you can't fuck up. Not even a little bit. If you make a mistake, someone could die. If you're not fully in sync with the person sitting next to you, the end result isn't pretty. As Kris tells me, there's no halfway line to go back to. Once you're out on the ice, you're on it until you reach the end.

"Any other WRC driver will tell you that no other sport requires this intense a relationship with your teammate," says Kris, and I believe him. The level of trust the driver needs to have with his co-driver is almost uncomfortable. In the middle of competition, driving at breakneck speed, Kris is hanging on Paul's every word.

They also have to spend 16-hour days in the car together, for a week at a time, working non-stop until they go to sleep. So, do they run out of things to say to each other? Far from it. "It's comfortable silence. That's how you know you've got it good." Kris says. "After all, I spend more time with Paul than I do with my wife." FHM











WHAT MAKES THE PERFECT WINGMAN?

The ingredients that go into the ideal 'guy to have standing next to you on a night out'

A 7/10 FACE

You want him to be able to hold the rapt attention of girls, but you also don't need him being more handsome than you. Consider each of your mates in turn: how strong is their jaw? How pretty are their eyes? Good haircut? Sack them off. Take the 7/10er who doesn't know how funny he is.

THE ABILITY TO HOLD FIVE DRINKS AT ONCE

Want to miss your soon-to-be sex partner while you get lost in a bar queue for 20 minutes? You need a mate with incredibly large hands to weave through the crowds fetching drinks for you.

QUIET SHOES

A good wingman needs stealth skills and poise: he knows when to come to the table with some of that champagne with sparklers in it and he knows when to sneak outside for a smoke.

AN INDEX OF HUMOUROUS, UNEMBARRASSING ANECDOTES ABOUT YOU

It's written in the Bible, this: "No man hath gotteth laid ever without one of his mates telling a story about how good he is at go-karting first". It is just a fact: it's hard to go up to a girl and talk yourself up, but your wingman can do it by osmosis.

A NOSE FOR A CHALLENGE

Attractive women are like the final boss in a videogame: before you can complete the level, you have to dispatch two of her guards. These normally come in the form of her mates who are unhappy that she's getting chatted up instead of them, and who need to be distracted with jokes and flirting. This is where your wingman comes in: he must keep both girls engaged and enchanted while you work your magic.

PHOTOGRAPHY: DISCOVERY CHANNEL, REX, TOBY PHILIPS, ALAMY, LOUISE HAYWOOD-SCHIEFER, OBJECTIVE PRODUCTIONS, SHUTTERSTOCK, CITROEN RACING/AUSTRAL


HOT

DAMN!



Words:
Chris Sayer

Photography:
Florence Keys

Fire up the barbecue and stick your brewskis on ice: summer has officially arrived – and it's brought a scorchingly fit Sam Faiers out to play…

Never before has carrying a black coffee terrified us as much as it has today, the day *FHM* finally meets Sam Faiers. In honour of the super-fit former *TOWIE* star's first ever, and long overdue, *FHM* cover shoot, we've descended upon an £11.5million London mansion so enormous that you have to take a lift to reach the top floor. It takes 100 steps to reach the wine cellar from the whisky-drinking room, and under the first flight of stairs (yep, there's five of them) there is a cupboard that may even be bigger than our office. The reason for the freak-out over the black coffee? Last time something got spilt on the inch-thick luxury carpet, it cost five grand to clean it up.

But, as eye-rubbingly spectacular as this building is, you're not going to see any of it. That's because we're heading out into the garden (and, of course, it's bigger than a football pitch). The reason? Summer, the season of fire-grilling meat, beer gardens, lobbing water balloons at children, festival headliners, festival hangovers, suntans, outdoor sex, bikinis, ice creams and those tiny denim shorts we wait all year to see hot girls wearing, has arrived.

Goddamn, we're feeling good about it this year (although, to be honest, that may also be because Sam Faiers, the hottest bikini body in the country, is currently sunbathing on the lawn)…

Hey Sam, congrats on your first *FHM* cover shoot!
Oh my God, this is so exciting. I love *FHM*. I've read it for ages, so when you asked me to do a shoot I got so excited. I'm always checking out who's made it on to the cover, so it's amazing to be on it myself.

You're no stranger to seeing yourself in glossy mags and tabloids, and even after our shoot there was paparazzi lurking around waiting to get a snap of you. Where's the weirdest place you've found a pap?
Hmm, I genuinely still find it so weird that they want to get a photo of me just going to the office at my shop. I think, "C'mon, what are you gonna get? I'm just going to work, I look so scruffy!" I know that I can tweet about going somewhere and they'll be waiting for me when I arrive there, but when I try to keep it a secret and they *still* turn up, that's when I don't get it. They always find out. I don't know how they manage it.

Have you ever been tempted to throw a Tupperware tub filled with baked beans at them?
Ha, no, I'd be more like Amy Winehouse and go out to make them all a cup of tea. At the end of the day, I know that if it wasn't for the photographers taking photos of me and getting me into the papers and fashion magazines, I wouldn't be where I am. But I can only imagine what people like the Kardashians have to put up with, with paps even waiting on their doorstep. That's extreme.

You've met Kim K before, right?
Yeah! I met her in LA. A friend invited me to a make-up launch party and she was there. She recognised my mate and we got talking. Of course we got a selfie with her.

Is her bum as ridonkulous in real life?
Well, I had a good look at it and it was definitely big, and she's definitely curvaceous, but it's nowhere near what it looks like on the internet.

Do the people of LA understand your Essex accent?
I get asked if I'm from Australia quite a lot. Last time I told a guy out there that I was from Essex, he thought I'd said 'I like sex'. That was awkward. Then he asked who I was with, and I told him my girlfriends. He didn't get that either and asked if I was a lesbian. So yeah, there's a definite language barrier.

It's been a just over a year since you left *TOWIE* now. Are you glad you stepped out?
I just think it was perfect timing for me. I'd been on the show for more than three years, from the start, and did everything you can possibly imagine, so it felt right. I left on a high, and when I did, it opened up so many doors.

Your second autobiography came out in April and the tabloids went absolutely bonkers for it, especially »



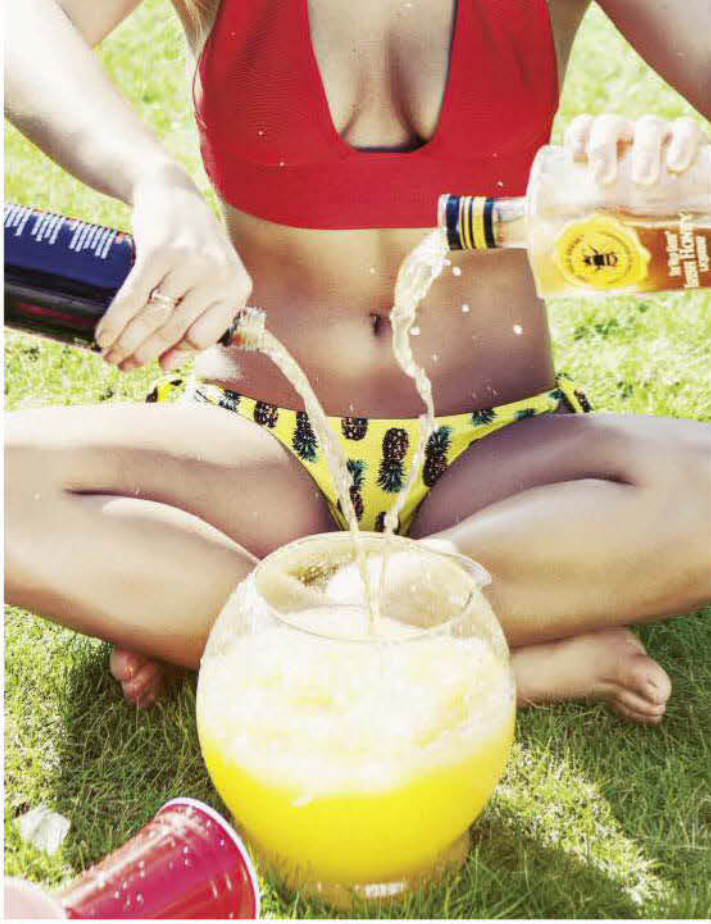
YELLOW BRA: CALVIN KLEIN. BLUE BIKINI BOTTOMS: SWIMWEAR365.COM. SUNGLASSES: PORSCHE CARRERA. RED TOP: HOUSE OF CB. YELLOW BIKINI BOTTOMS: ASOS.COM. ALCOHOL: THE WILD GEESE COLLECTION OF PREMIUM IRISH WHISKEYS AND RUM. WHITE TENNIS SET: AMERICAN APPAREL. RED SWIMSUIT: AMERICAN APPAREL. DENIM SHORTS: BODHOD.COM. TENNIS RACKET: SPORTSDIRECT.COM

IT'S NOT SUMMER UNTIL YOU'VE...

INVENTED A BRAND NEW BOOZE

Sam says: "I have invented some crazy drinks while in Ibiza. Vodka, rum and whatever goes into a bowl. But I'm not going to lie, it was disgusting."









SAM FAIERS

in regards to setting the story straight around your relationship with *TOWIE* co-star Joey Essex.
Me and Joey have moved on and I'm in a happy place now. We did leave things on reasonably good terms, and it's obviously horrible to drag it all up again. The headlines are always going to pick out the criticisms over the nice times we had, but I tried to be fair through it. I know we're both to blame for the relationship not working. When I read his book, it was all so one-sided. It really wasn't fair. I'm glad I've had the opportunity to put it all to bed in my own words. What I've done, and what he hasn't, is admit to everything I did wrong in the relationship.

If we were to come and visit you, what would you do with us to give us the proper Essex experience?
We'd obviously have to do Sheesh for dinner and then Faces or Sugar Hut for a night out. But the main thing would be coming back to mine for one of my famous 4am kitchen parties. They're legendary.

What happens at those?
I've got an island in the middle of my kitchen, and the first thing we do, when I've invited all my friends round, is search the house for any random booze that's hanging around – anything from an old beer to a bottle of vodka or whatever. Then we put it all together on the island and crack on. Destiny's Child gets turned up, and then the next thing I know it's the morning and there's sleeping girls scattered all though my home. Oh, and for some reason, we always bring out a blow-up doll. I think we named it Callum. Or Roger. Oh, my poor neighbours…

Who'd win in a *Tekken Tag*-style death match between the girls of *TOWIE*, *Geordie Shore* and *Made In Chelsea*?
Oooh, naturally people are gonna say the *Geordie Shore* girls. But I've got to say the Essex girls. There's quite a bit of feistiness in us at times. Also, us Essex girls are really into our fitness and we're always in the gym, so between us we're probably stronger than the boys. The Chelsea girls are out of the »



IT'S NOT SUMMER UNTIL YOU'VE...

COMPLAINED ABOUT HOW HOT IT IS

Sam says: "I've never known heat like Dubai. In the summer over there, it's unbearable. It hits you, like when you've got a roast cooking and you open the oven door and it hits your face, that's what it felt like."





IT'S NOT SUMMER UNTIL YOU'VE...

DISCOVERED WHAT YOUR SUMMER ANTHEM IS

(…and played it so loud that your neighbours complain.) Sam says: "The Prodigy's new album is a great shout for a summer tune! I've seen them a few times at V Festival. They're the best live act – crazy lasers and huge robots on stage. Their crowd is the best, too."



STYLING: LAURIE HADLEIGH. MAKE-UP: SUSAN MOTA USING MAC. HAIR: MARK HAYHURST

equation straight away, so it's between us and the Geordies. There'd be hair and eyelashes everywhere.

You're massively into your fitness. What's your top tip for a guy wanting to approach a girl in the gym?

Don't! It's so cringy. I'd hate for a guy to do that to me. Definitely don't offer to help her on the machines or weights. That would be annoying. Don't offer to stretch her out either, or you would come across super weird. Perhaps offer to buy her a Lucozade? I dunno! That's a tricky one!

***TOWIE* obviously coined the phrase 'No carbs before Marbs', but what's your secret carb-filled guilty pleasure for a cheat day?**

I love a Chinese takeaway. A chow mein with all the trimmings please.

What's the one thing people don't know about you?

That I've got an enormous secret crush on David Tennant. Don't ask me why, and none of my friends understand. Oh, and I'm pretty good at somersaults. I used to be a gymnast, so when there's a trampoline around I really show off. I've still got that flexibility. Well, I like to think so, anyway.

Looking at our shoot, summer has finally arrived. What's on your summer bucket list?

So many things! I've always wanted to skydive. I had one bought for me for Christmas, to do in Dubai, but I chickened out at the last minute. Everyone was telling me not to do it, so I freaked. I'll do one eventually. I'm a bit of an adrenaline junkie, and I love being in the water. I love racing around on jet skis, banana boats, all that sort of stuff.

So imagine *FHM* and Sam Faiers are throwing a joint summer party. It's gonna be wild. Who would you call in to provide the tunes?

That's a hard one. I'd want to get a massive Ibiza vibe going, so a DJ like MK would work for me. Then I'd have Dizzee Rascal. I've never met him. I always tell people I'd invite him to play my wedding, though. I reckon he'd be able to keep the party going right until the end. »

SAM FAIERS



IT'S NOT SUMMER UNTIL YOU'VE...

BEEN CROWNED CHAMPION AT WATER FIGHTS

Sam says: "I'm very competitive. I won't hold back on the water balloons, and I'd give it my all. I don't mess around. This is war."

Cool, sorted. Who'd be manning the barbecue for us?

I'd imagine Arg would be up for it, but now that he's lost a load of weight, maybe not. He looks so good now. I don't really have a lot of celeb male friends now I think about it, so it'd have to be Arg.

OK, done. Which of your girl mates would be the first to jump into the swimming pool naked?

Ferne McCann from *TOWIE*. And me. It'd be early on to get the party started.

Finally, what drinks would you serve?

It's not summer without a gin and tonic with cucumber. A couple of magnums of champagne, too. This party sounds awesome! FHM

SECRETS & LIES: THE TRUTH BEHIND THE HEADLINES BY SAM FAIERS IS OUT NOW (PENGUIN MICHAEL JOSEPH, £14.99)



IT'S NOT SUMMER UNTIL YOU'VE...

SUFFERED FROM MURRAYMANIA

Sam says: "I'd love to go to Wimbledon this year, and I'm pretty handy with a racket. I'm better at badminton though, and I've been invited to go and train with the England team."

FEATURING THE EVER-RAD HIGH PRIEST OF PRONGS DJ BBQ

BBQ YOUR LIFE BRILLIANT

A TRUE BBQ NEVER DIES. Yes, THE EMBERS GO OUT, THE COALS (OR FANCY CHERRY SMOKE WOODCHIPS) GET CHUCKED, THE DISHES ARE WASHED AND THE CANS RECYCLED, BUT THE ESSENCE OF THE THING LIVES ON INSIDE EVERY MAN THAT WAS PRESENT. IN THAT RESPECT, IT'S A BIT LIKE WAR. BUT INSTEAD OF THE DEAFENING RATTLE OF ASSAULT RIFLES AND BELLOWING DRILL SERGEANTS, YOU GET THE SIZZLE OF SAUSAGE MEAT AND THE GENTLE, SEMI-PISSED CONVERSATIONAL BABBLE OF OLD ACQUAINTANCES. MUCH NICER.

THING IS, THERE ARE **BBQS** AND THEN THERE ARE **BBQS**. AND WE VERY MUCH WANT YOUR GRILL-OUT TO BE OF THE LATTER VARIETY. THE AWESOME KIND. THE KIND THAT GO DOWN IN CULINARY HISTORY. THE KIND THAT PEOPLE DON'T MENTION WITHOUT BREAKING INTO A NOSTALGIC SWEAT, COMPLETE WITH TEARS FORMING IN THE CORNERS OF EYES. FOLLOW THIS ADVICE AND YOU'LL ACHIEVE ALL THIS AND MORE...

Photography: James Byrne, Marco Vittur



NEVER MESS UP A STEAK EVER *(EVER)* AGAIN



Forget rubs and marinades for the moment. That stuff's all for nothing if you don't know the basics of grilling up an immaculate, mouth-watering T-bone steak. Here are DJ BBQ's tips for getting your fleshy fundamentals down pat:

"Steak you want on a hot heat. Always. There's a sweet point on the charring. If you take it too far, the steak goes bitter.

"Hit it for about a minute, no more. Then flip it. That's how you get good searing.

"Coat it in herb butter made from unsalted butter and (not too much) thyme while it cooks. The creaminess of butter with the woodiness of thyme is incredible.

"Forget timers. Poke your steak to see when it's cooked. Unlike chicken and pork, the inside of steak is sterile. When you poke it, you don't want too much punchback, unless you want it well done.

"Once it's cooked, let the steak rest for five minutes. This allows the juices to go back into the muscle, preventing a dry steak. While it's resting, apply pepper. You don't want to apply pepper beforehand because a lot of black pepper goes acrid when you cook it."





GRANT CIDER A REPRIEVE

Cider? Who likes *cider*? Goths and murderers, that's who. Well, all that changes the moment you pop open a bottle of Älska cider and let its not-too-sweet but super-fresh-tasting contents touch your lips.

OPEN UP YOUR HEART TO QUALITY TOOLMANSHIP



Dig, if you will, a picture: it's an enchanted forest and you and your band of plucky adventurers are about to ambush a brigade of heavily armoured Orcs. Do you equip yourself with marshmallow helmets and spears fashioned from marzipan? No! You grab the most reliable armaments you can find. A barbecue is no different. So get yourself some of *these*. *BBQ tools, £29.95, annabeljames.co.uk,*

THE WRONG TONG

There are few sights less becoming than a man with an inappropriate set of tongs. *Grotesque* is what it is.

Don't know what's what? Here's one piece of advice you can take to the tong bank right now: **GO LONG**.

Longer means more leverage and less chance you'll incinerate your cardigan while you lean across the grill. Now, go get your tux on. We're taking you to the pictures.

FOUR PEOPLE YOU SHOULD NEVER INVITE TO A BBQ

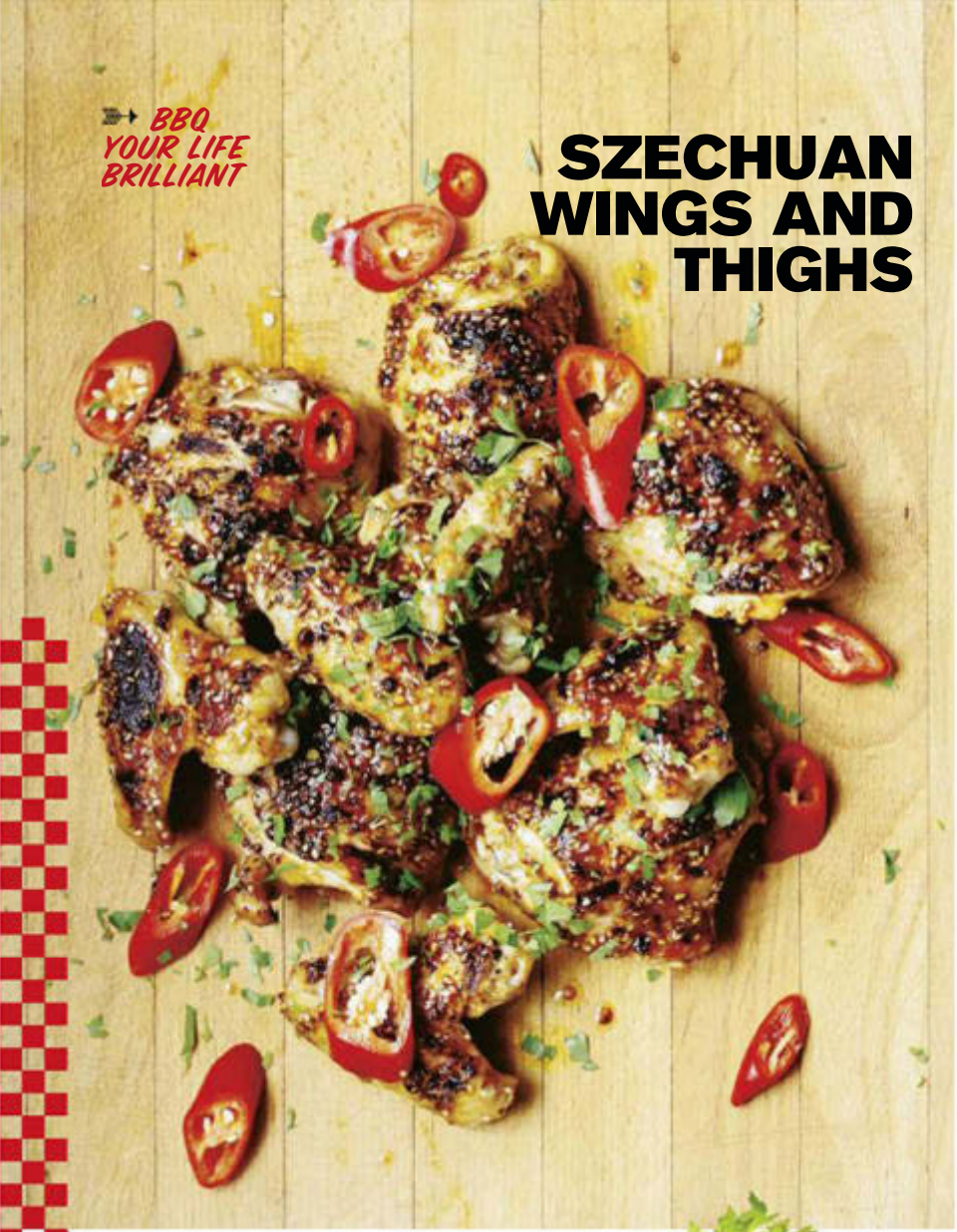
The veggie teetotaler
Don't drink? Fine, whatever. Don't meat? Each to their own. But if you do *neither* then you have no place at a murder-flavoured liver-destruction party. We're all going to be over here, staggering around and swearing, covered head to toe in blood and grease, and you're going to be over there, tsk-ing at everyone through a grilled pepper. Booo to you.

Mr Man Vs Food
This greedy trough-pig views a barbecue as a competitive eating competition: you'll clock him goal-hanging around the barbie in his elasticated trackie bottoms, eyeing up every freshly cooked item and patting his pork-warped belly as he blurps, "Seriously, I couldn't – although, maybe just a couple of those wings, eh?" He'll cost you a small fortune in Taste The Difference burgers alone.

Bear Oliver
This shitbird thinks he's the lovechild of Bear Grylls and Jamie Oliver, despite the fact he couldn't get his tent up at V festival last year and can't even do scrambled eggs. Nevertheless, he chuckles wryly at your attempts to get the coals glowing; he tut-tut-tuts nervously as you rearrange your grill; he sighs derisively as you turn your steaks over; he falls to the floor screaming as you jam your tongs into his dickhead eyes.

Any child under eight years old
"Don't like burgers!" "Can I have a go doing cooking?" "Onions are yacky!" "Waaah!" "I dropped my lolly!" "I burned my hand on the hot!" "Don't like sausages!" "Waaaaah!" "I dropped my lolly again!" "Can I have McNuggets?" "Pickles are yacky!" "Waaaaaaaah!" "I burned myself again!" Piss off, mate. Just fuck the piss off.

SZECHUAN WINGS AND THIGHS



In Szechuan, central China, everything is red and spicy. Breakfast is spicy. Afternoon tea is spicy. Even the glass of water you keep by your bed at night is spicy. They have the chilli game locked down. So why not supercharge your next barbecue with a crafty kung fu chop of Oriental awesome?

Ingredients:

- **Szechuan peppercorns**
- **Chilli flakes**
- **Sea salt**
- **Soy sauce**
- **Olive oil**
- **Teaspoons of honey**
- **Sesame seeds**
- **Hoisin sauce**
- **Chicken wings and thighs**

"Place the chicken on the grill skin-side sound down so it doesn't stick," advises DJ BBQ. "Once you've got it cooked on the outside, evenly place it on the less-hot side of the barbecue until it's cooked all the way through, because salmonella sucks. On that note, don't forget to use two sets of tongs: one for handling raw chicken, one for cooked. Oh, and you'll want to wait till right at the end before you apply any barbecue sauce. The sugar in it burns."



CREATE ASTONISHING COCKTAILS

- 1 lemon, thinly sliced, grilled
-Bourbon
-Sugar Syrup
-Soda water
-Mint

- A glug of Sherry
-Half a lemon
-Grilled plum
-Soda water
-A squeeze of honey

- Vodka, double shot
-Lemon juice
-Worcestershire sauce
-Tabasco sauce
-Tomato juice
-Citrus Salt
(see p78)

THINGS TO SAY IF YOU WANT TO PROVOKE DEBATE AT A BBQ

"No-one ever actually saw Pelé play football. How can we know if he was actually any good?"

"My aunt went to school with the guy who invented the Wonderbra. He made the first one out of umbrella parts."

"Everyone knows you can get tetanus by sleeping naked."

"Technically, Japan is not a country."

"Most rap music is recorded word by word. The producers carefully place each syllable over the beat manually."

"There has never been a good movie starting with the letter 'B'. You cannot name one."

GRILL UP SOME FRUIT



Grapefruit
Easy. Sprinkle with brown sugar and serve up

Oranges
Char up some oranges and drop into cocktails for an extra flavour kick

Lemons
Squeeze over fish or use in cocktails (see opposite)

Limes
Pep up vinagrettes and dips

4 OTHER THINGS YOU DIDN'T KNOW YOU COULD BBQ

Grapes
Stick a bunch on there for a minute or two. Serve with pork. Stifle tears of joy.

Peaches
Cut one in half, rub the inside with butter and place it face down for four minutes.

Chips
Sort of. Slice up some tatties, cover in oil and grill for 10 mins each side.

Snakes
Bear Grylls did it. We saw him.

FOLLOW LEVI ROOTS' ADVICE

The Reggae Reggae legend's three tips for a great grilling experience

"When cooking chicken on the barbecue, try to marinate it overnight before cooking so flavour gets deep into the meat". **Recommended track:** "Enjoy with my latest single, *Rice And Peas*."

"There is nothing better than a barbecued corn on the cob. Roast with the skin on and put directly on the hot coals. The green skin will burn a little but the inside will be perfect." **Recommended track:** "UB40, *Red Red Wine* – the best ingredient for a barbecue."

"When cooking fish, put it in foil with your favourite veg to get the most from the ingredients." **Recommended track:** "*Stir It Up* by Bob Marley & the Wailers, to get the fish flavours mixing with the roasted barbecued veg."

MAKE FRIENDS WITH AN EGG

"The guys at Big Green Egg have been making these things for decades," says DJ BBQ. "They're efficient. They're ceramic so they hold heat. You won't have to babysit one like a regular barbecue, where you're continually trying to keep it at the right temperature. And it's got a great, beefy cast-iron grill that's just perfect for steaks." *biggreenegg.co.uk*



(ALL THE BIG BOYS HAVE ONE, CHAMP)

ZING YOUR THING

"My grandfather used to put salt on *everything*," says DJ BBQ. "Especially grapefruits and watermelon. This is special salt: we used dehydrated lime, mixed with chilli powder and sea salt."



ASON UP

Dust your meat and veg in some of this…

- Sprinkle some Sous Chef Lime Fleur De Sel on tomatoes and you're in flavour town
- Sous Chef Cajun Spice Blend on a fishy dishy is just fintastic
- Santa Maria BBQ Grill & Mesquite smells like *True Detective*. Don't ask why, it just does

DON'T DRESS LIKE A DICK

Look at this apron. Probably better than the apron you were *gonna* wear, right? You know the one that has stains on stains on stains. The one that even the neighbourhood foxes are scared of. The one that makes your four-year-old nephew cry. Yeah, it's probably better than that one.
Meat Cuts apron, £17.99, qwerkity.co.uk





DO NOT ABIDE INFERIOR MEAT

All the abso-bloody-lutely delicious meat you see on these shiny pages was supplied by badass butchers HG Walter. Check out their site, where you can order yourself a load of bespoke sausage.
hgwalter.com

HG WALTER BUTCHERS ARE WINNERS OF THE SOUTH OF ENGLAND BUTCHER'S SHOP OF THE YEAR 2014, DELIVERS NATIONWIDE AND SELLS FREE-RANGE ORGANICALLY FED TRADITIONAL BREEDS OF MEAT, POULTRY AND GAME

THE EMOTIONAL ROLLERCOASTER THAT IS BBQ
How your barbecue will probably – nay, definitely – go

3pm Unfettered optimism. This is going to be the best meal *ever.*

3.15pm Outrage! Steak has to marinate for 24 hours? What a ridiculous rate of osmosis.

7pm Midway booze lull sluggishness.

Midnight You are the Pork Prince of Meat Mountain. Chase the scavengers from your home.

BADASS TIKKA BREAM MACHINE

We want you to meditate not on the idea of a delicious grilled fish that tastes of curry. Stop meditating. This fish can be more than an idea. It can be a *real* thing. Think about that: the only thing stopping your from eating said fish is your inactive hands and arms. Let's get moving!

Ingredients:

- **Two whole sea bream**
- **Finely grated fresh root ginger**
- **Garlic cloves, finely grated or crushed**
- **Plain yogurt**
- **Olive oil**
- **Turmeric**
- **Mild chilli powder**
- **Cumin seeds**
- **Fresh parsley**
- **Beer (for drinking)**



Step one: Slash open the skin of the whole fish on each side with a sharp knife. Mix the ginger and garlic, season with salt, then rub it all over the fish.

Step two: Mix the yogurt with the oil, spices and seasoning. Coat the fish with it inside and out, then chill the damned thing until you're ready to cook.

Step three: Cook straight on the rack six to eight minutes on each side of the fish.

MEXICAN CORN IS GOOD CORN



A barbecue without corn on the cob is like a death metal album without the word 'bloodbath' in one of the song titles. Just not right. Why not make your yellow veg a bit more fun and get Mexy, hombre?

Keep your cobs in their husks and stick them on the grill until they char a bit. Then smear a bit of mayo on each, crumble on cotija cheese (or feta in a pinch) and finish with a squirt of lime.

"I love Mexican corn like that!" says the good DJ. "Street food in Mexico is a load of fun. Corn doesn't have to be boring. I do one with butter, mangoes, freshly chopped chillies and coriander. Pull the husks off, glaze it with the mango mix and the put husks back on so it steams on the grill."

KEEP IT CLEAN



"There are *no* chemicals in these firelighters," says DJ BBQ. "Nothing which could affect the taste of the food. This is all-natural stuff."
£5, thelondonlogcompany.blogspot.co.uk



"This is primo charcoal. I use it at all the festivals. It burns nice and hot and is just the most efficient way to do things. It's called the Ogatan method, from Japan. Every inch of the tree gets used."
thelondonlogcompany.blogspot.co.uk

INDULGE YOUR INNER GADGET GEEK

Liquid Smoke
This Liquid Smoke creates slow-cooked American barbecue flavour with just a few shakes. Brush on to steaks, chicken, burgers, or hotdogs for a tangy outdoor smoky flavour. Or add a few dashes to marinades, sauces, baked beans, dips, seafood, eggs, or poultry – to create instant campfire warmth, even when cooking in an oven or on an indoor stove.
Liquid Smoke set, £7.50, souschef.co.uk

Injector Kit
Ever tried injecting marinade right into some meat? It's a fucking blast.
Part of the Smoke 'N' Spice BBQ Kit, £20, souschef.co.uk

Tenderiser
It sounds like an '80s speed metal band. It looks like a sex device as designed by Jasper Conran. What does it do? Hard to say. But you need one. You need one like Ant needs Dec.
josephjoseph.com











TRANSMUTATE LEFTOVERS INTO AN EYE-WATERING SANDWICH

Leftover sandwiches might be the best part of a cookout. No more polite chit-chat with your girlfriend's clearly lonely sister. No more biting your tongue as your mate's mate gradually empties the fridge of delicious craft beer (despite only bring two cans of Foster's). It's just you and the meat. Both a little older. Both a little wiser.

TRY THIS

Quality bloomer bread
Coleslaw
Pickles
Mustard
Steak meat
Sausage
Swiss cheese
Chicken

NOW GET GRILLING AND SHOW US YOUR PICS #FHMMANFOOD

GET THE MAGIC BACK

MASTER THE BASICS OF LOVE & SEX

Ditch the reverse cowboy, lose the love swing and forget sonic felching. When it comes to romance, it's all about the fundamentals

Words: **Joe Mackertich** Photography: **Rufus Stone**


Helping with the day's proceedings is Katja, 26
SWIMSUIT: MELISSA ODABASH, ODABASH.COM

As with so many things in life, *Fifty Shades Of Grey* is to blame. When E.L. James' series of pervy novels became a zeitgeist-straddling porno phenomenon, a new fear descended over the men of Britain. What if it was no longer enough to be quite good at sex? What if, in light of the raunchy sado-sex revolution exploding all around, we had to become bullwhip-wielding, sneering fuckmasters of the universe to cut it in the bedroom?

Girls, it was decided, were no longer interested in supermarket own-brand lovemaking. Does the bottom draw of your bedside table contain nipple clamps, a ball gag and an economy-sized vat of EZ-Glide lube? No? Then get back to the '50s, you buttoned-up weirdo! The world's moved on. You probably don't even like fisting.

Thankfully, this turned out to be a load of tosh. At *FHM* we compel you to (carefully) put down the rubber drildo and rediscover the basics of love and sex. Because what good is a latex bukkake dungeon if you aren't able to spoon your lovely girlfriend afterwards?

We asked romantic woman Stevie Martin to come together (giggle) with comedian Naz Osmanoglu and renowned relationships expert James Preece to devise a guide to the fundamentals of romance. The stuff that we, as a civilisation, are in danger of forgetting.



Our experts – James Preece, Naz Osmanoglu and Stevie Martin

HOW TO *GIVE* A MASSAGE

This strikes fear into most humans, but all you need to do is watch a YouTube tutorial and maybe practice on a dog or something. "Get them to relax, light a candle and play some relaxing music to get them in the mood," suggests James Preece. "Move your hands slowly and gently, easing away any tension. The best place to start is the shoulders, neck and back, moving your way down."

TOP TIP!
If she says 'ARGH' then move to a different area

HOW TO UNDO A BRA

Girls can effortlessly do it one-handed, behind our backs, so how hard can it be? Apparently, quite hard.

"They are too niche for their own good – like hipsters," says Naz Osmanoglu. "Very difficult to open in one fluid hand motion. Why not buttons? Or a toggle? Even a sandwich bag zip would be easier. Or cufflinks. It's basically alien technology that requires a thumb scan and loads of awkward pissing about." More helpful is James's advice for nailing it in one: "Just put your thumb and forefinger either side of the clasp and squeeze. Use both of your hands, as she won't be able to see what you're up to anyway."



BRA AND KNICKERS: TOPSHOP.COM



HOW TO GET ON WITH HER *FRIENDS*

If you don't make the effort with her mates, you're not making an effort with her, and she'll think you're a dick. "You need to get them on your side as they'll be the ones she talks to when you have problems," says James, sagely. "Make them laugh, buy them drinks and above all, show them you like her. Ask your girlfriend about them every now and again and accept invitations when you know they will be there, even if you don't want to." And most of the time, you won't want to. Because other people's friends are crap.

3 friends that every girl has

The 'fun' one
Her mate from uni that appears to be the source of every anecdote involving tequila, rugby players and vomiting in cabs. In spite of yourself, you'll actually be jealous of her.
How to win her over: Get in the 'bucas (even if it is Monday).

THE TRAGIC ONE
For whatever reason, ladies tend to have one girl mate who is perpetually unlucky in love and always in need of a two-hour WhatsApp pep talk.
How to win her over: You need to become her gay best friend, without being gay. Unless you want. Whatever.

THE SOLID-GOLD BEZZIE
They've been friends since infant school and appear on each other's Facebook feeds in every other photo.
How to win her over: Do everything in your power to endear yourself to her, short of transferring £10,000 into her bank account.

HOW TO SUPRISE HER

If you organise a surprise weekend away, a meal, picnic, trip to a petting zoo, or literally anything, then you get roughly 40,000 romance points. Basically, pick something you've seen in a typically romantic film and emulate it. Get one of her mates to check she's free, figure out her movements and, yeah it sounds a bit creepy, but no girl ever said: "He surprised me with a romantic gesture this weekend, what an absolute prick."



HOW TO ASK A GIRL FOR HER NUMBER

Both of you know that the underlying message is 'I want to bone you big time', but there's no way round it. "This is difficult," says Naz. "Which is weird because in life we get asked to fill out our contact details all the time. Maybe it would feel more natural if you gave her a form to fill out."

DO Ask for it in a casual way, like it's no big deal.

DON'T Immediately call the number she's just given you while she's stood there, 'just to make sure'.

DO Joke that you are saving her into your contacts under 'enigmatic brunette'…

DON'T Tell her she's going into your phone under the name 'Richard' because of your 'psycho, girlfriend'.

BIKINI: MELISSA ODABASH, ODABASH.COM
VEST: ADIDAS.CO.UK
HOTPANTS: HM.COM
SHOES: MISS KG AT KURTGEIGER.COM
RING AND CHAIN: VITALITYDESIGN.COM
GLASSES: RAY-BAN.COM



DO Send her a funny text message a few hours later.

DON'T Ask her out over text and, when you don't get an immediate reply, tell her she's a 'stuck-up clown' who has 'blown it forever'.

HOW TO KISS

Not. Too. Hard. Thank you. "Don't just go in for the kill unexpectedly," says James. "Take it very slowly and let her moans, hands and reactions guide you as to how it's going." Also, don't try to lick her oesophagus.

KISS-KISS BANG BANG

We asked all the girls we know what their biggest gripes are when it comes to men kissing. Here's their top five:

5 Not using hands at all
4 Keeping eyes open (creepy)
3 Stubble rash
2 Too tight-lipped
1 Excessively forceful tongue

HOW TO SPOON

"What happens when the sex is over, you're spooning and you realise your drummer wants to do another solo?" worries Naz. Presuming that's a metaphor, boners are fine during spooning provided you reference them (there is nothing worse than unreferenced wood), otherwise neither of you will sleep because you're both wondering if you're about to have sex again. If you want it, say. If you don't, then make a joke about your boner. Then have a spoony sleep. "Girls love spooning," says James. "Spoon them while they fall asleep and you'll come across as protective and deepen your bond."

HOW TO STAY ROMANTIC AFTER AN ARGUMENT

All couples fight, but it's what you do afterwards that really makes or breaks your romance credentials. If you've been a dick, say sorry. If she's been a dick, say you're sorry you argued and hopefully that will encourage her to say sorry. Immediately suggest something nice to do in the near future like going to dinner. Or abseiling. Done.



WHEN TO HOLD HER HAND

Unless she's explicitly asked you not to, hold her hand at every available opportunity. Even if you're on fire. It's the easiest thing in the world, unless neither of you have hands.

HOW TO WRITE A LOVE LETTER

Or, indeed, this could be a love email, extended WhatsApp, or particularly intimate text. "It's tough without it sounding like a silly joke, or worse, a piece of evidence to be used in court," says Naz. "If you say, 'Your eyes are so beautiful, give them to me', things can get dark quickly."

James advises, "Avoid cheesy poems or anything that might suggest it's a joke. Treat it seriously and talk about the things you might do in the future. She'll start to imagine you being a big part in it."



THE GREATEST OPENINGS TO LOVE LETTERS OF ALL TIME

"We get old and get used to each other. We think alike. We read each other's minds."
Johnny Cash to June Carter

"Time passes swiftly, but is it not joyous to see how great and growing is the treasure we have gathered together."
Winston Churchill to wife Clementine

"My love has made me selfish. I cannot exist without you – I am forgetful of everything but seeing you again."
John Keats to his neighbour Fanny Brawne

"You don't realise of course, how fascinatingly beautiful you have always been."
Richard Burton to Elizabeth Taylor

BRA AND KNICKERS: MIMI HOLIDAY AT DAMARIS.CO.UK
SHOES: CARVELA AT KURTGEIGER.COM
RING: VITALITYDESIGN.COM

HOW TO IMPRESS HER DAD

"You never know whether to go in hard or try the more sensitive approach. And it's a constant struggle not to blurt out, 'Oh, by the way, I'm boffing your daughter'," says Naz, king of parent charming. Look, just be polite and don't try too hard. If sweat drips into your eyes and blinds you, turn it down a notch. "Be as respectful as possible and try to find mutual interests to talk about," says James. "This could be sports, holidays, television shows or hobbies. Play it safe. And definitely avoid sarcasm wherever possible."

HOW TO ASK HER TO BE YOUR GIRLFRIEND

"It's hard," says Naz. "'Going out' just seems so childish; 'Do you wanna date?', too American. 'Wanna hang out?' is too vague. 'You, me, exclusive sex?' To be fair, this one is quite good. 'Would you like to skip and hold hands and roll around in hay and frolic all fucking day long?' Too mental. 'Could I borrow your copy of *Das Boot*?' has worked for me in the past, but there's a limited amount of times you can really use this."

Just say 'D'ya reckon I can refer to you as my girlfriend now?' in a jokey kind of accent to mask any awkwardness. Nothing like a Jamaican patois to distract her from your feelings (unless you're Jamaican, in which case go Cockney). FHM

HOW TO SET THE SCENE

Smooooth producer and DJ extraordinaire Budgie on the tracks you need lined up and ready to go the first time she stays over…



Mint Condition
Breakin' My Heart (Pretty Brown Eyes)
This one is tried and tested. A good one to let her know how you feel, whatever the colour of her eyes.



BJ The Chicago Kid
Good Luv'n
Honestly, this guy's the only person making these kind of songs nowadays and actually doing them justice.



Lil' Louis
Do U Luv Me
If she's sick of all the slushy R&B and wants something a little more up tempo, this one is perfect. And still sweet enough to melt a raver girl's heart.



Wee
I Think I Am In Love With You
This one is for the more sophisticated lady. You can really impress her with your musical knowledge. Don't forget to tell her you have a copy of the £1,000 OG vinyl pressing at your parents' crib.



Teena Marie
Turnin' Me On
You can file this one with the BJ song above. Great to get down to. RIP to the great Lady Tee.

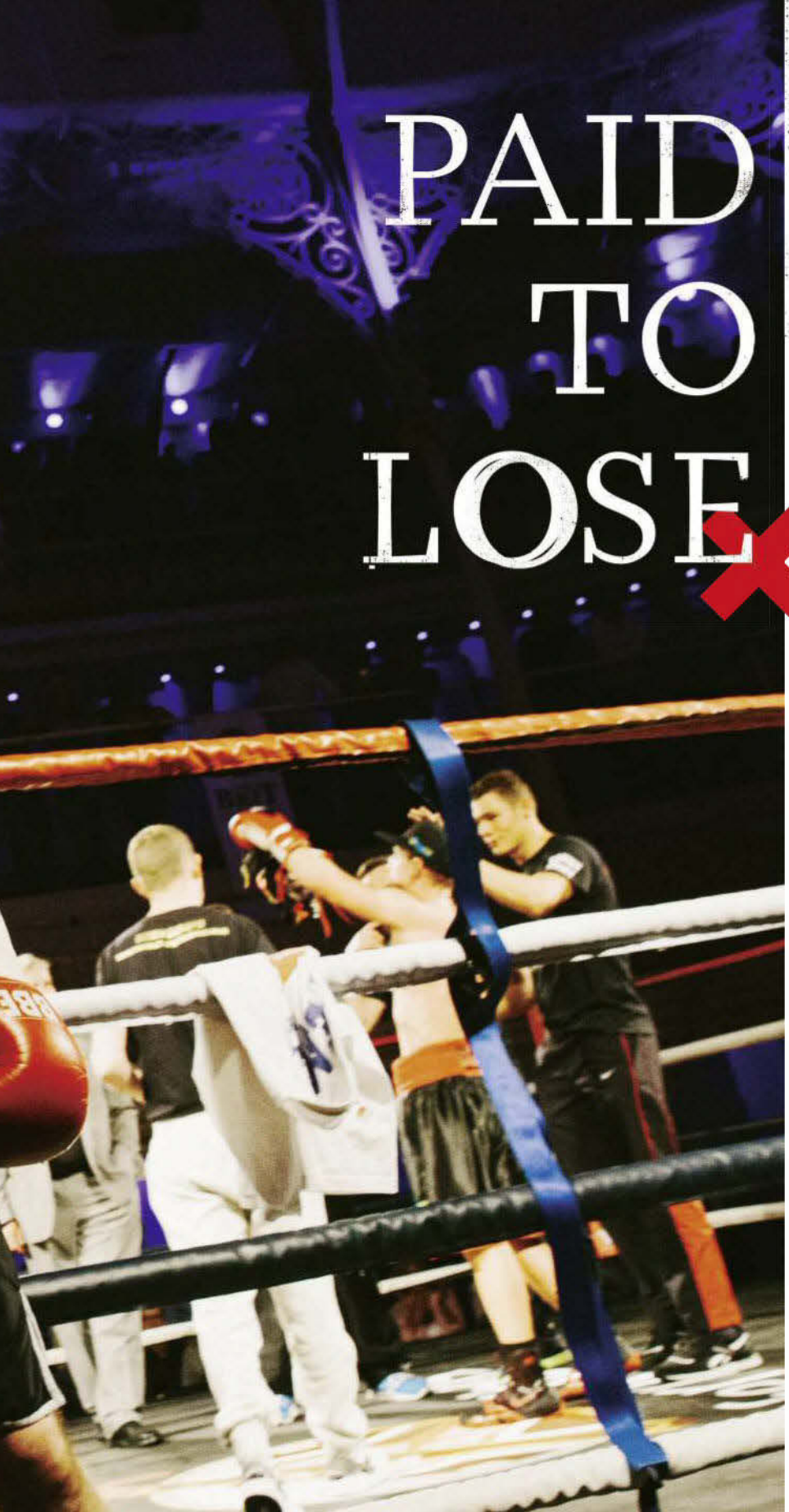


Deborah Cox
Nobody's Supposed To Be Here
This list wouldn't be right without a straight-up slow jam. In the 1990s' R&B canon, this hangs a little left of centre, but is still guaranteed to make your lady weak at the knees.

Budgie is part of the Livin' Proof DJ collective: livinproof.co.uk

MODEL: KATJA AT MOT. HAIR AND MAKE-UP: SUSANA MOTA. STYLING: GRAHAM GRUZ AT LHA


BOXFIT



PAID TO LOSE

ON A CHILLY NIGHT IN APRIL, FRANK GREAVES, 37, DROVE 150 MILES FOR A JOB. THAT JOB WAS TO FIGHT A YOUNGER, BIGGER BOXER FOR CASH. HE KNEW HIS CHANCES OF WINNING WERE NEXT TO NOTHING, BUT THAT DIDN'T STOP HIM. WHY? HE'S A JOURNEYMAN BOXER...

WORDS: **MATT BLAKE**
PHOTOGRAPHY: **GREG FUNNELL**

THE FIRST THING YOU NOTICE ON THE WAY UP TO THE AWAY FIGHTERS' DRESSING ROOM IS THE SMELL.

A potent blend of musty gym bags, stale sweat and Deep Heat rolls down the dim stairwell like a mist. The second thing is the sound of punches. Each blow reverberates down the stairs, drowning out the muffled cheers of 600 fight fans baying for blood inside the venue. Then a voice.

"Am I looking sharp, or are you just wanking me off?"

"Yeah," says another, in the same cockney twang. "But you've got to commit to your shots, Frank. It's a bad habit you've got. Let 'em fucking go, straight down the pipe. And if it does land, he's gonna think twice about having a punch-up with you. You ain't gonna get these days back, Frank. So go out there and enjoy it."

FRANK GREAVES IS PREPARING FOR HIS THIRD PROFESSIONAL PRIZEFIGHT AT BOURNEMOUTH'S O2 ACADEMY. He batters younger brother Johnny's outstretched palms. But he's not warming up inside his dressing room where he should be; there's no space. Two other away fighters are in the 10ft x 6ft shoebox with their cornermen. So he's outside on the landing. Here, a space about the size of a pool table, his footwork needs to be perfect. One wrong step could send him tumbling down the stairs.

It's not ideal conditions for a boxer ahead of a big fight. But Frank – like his brother before him – is a journeyman. And he knows the score. "This is fucking Buckingham Palace compared to some of the venues Johnny's fought in," he says, catching his breath.

"Yeah," adds Johnny. "There were times when I fought literally in a cowshed behind the venue with four other fighters – the floor's tiled, you're slipping about, it's pissing with rain outside and I had to cross a muddy field in my boxing boots to get to the ring. The home fighters are warm indoors while we're out there going, 'Here bruv, can I borrow your jacket? It's fucking freezing in here'."

THAT'S HOW IT IS FOR A JOURNEYMAN, AN ON-THE-ROAD FIGHTER, OR SIMPLY JUST 'THE OPPONENT'. The job has different names, but the motto is the same: have gloves, will travel. They are the men who will drive across the country, often at very short notice, for a grand… and lose. They are the pawns on boxing's bloody chessboard, sacrificed to protect a king or to make way for a promising young rook. They fight the 'ticket sellers' of the sport, prospects earmarked for the big time. Without men like Frank and Johnny there would be no Carl Froch, no Amir Khan and no David Haye. In boxing, like in chess, pawns can never become kings.

"Boxing is not a sport, it is a business," Johnny tells us. "No promoter is going to pay for your fights out of his own pocket unless he is sure you are going to get to a level to repay him. So unless you're a ticket seller from the off, you don't stand a chance."

Tonight's promoter is Greg Steene, of Warrior's Boxing Promotions, who has organised more than 100 shows like this. "To make boxing pay nowadays, the house fighters basically pay for the fight through selling their own tickets," he tells us.

"They pay for the opponent and put a bit of money into the house. So, most quality journeymen are the guys who don't sell tickets – they turn up and fight the home fighter and almost invariably lose. It's not fixed; sometimes they do win and that can help them. But if they keep winning then all of a sudden they're poison and nobody wants to ask them back."

In other words, losing's not so much in a journeyman's genes, it's in his interests. "If you've got a boy who's super-tough, why would you match him against a boy who's sold 100 tickets, why take that risk?" Steene adds. "It's not good business."

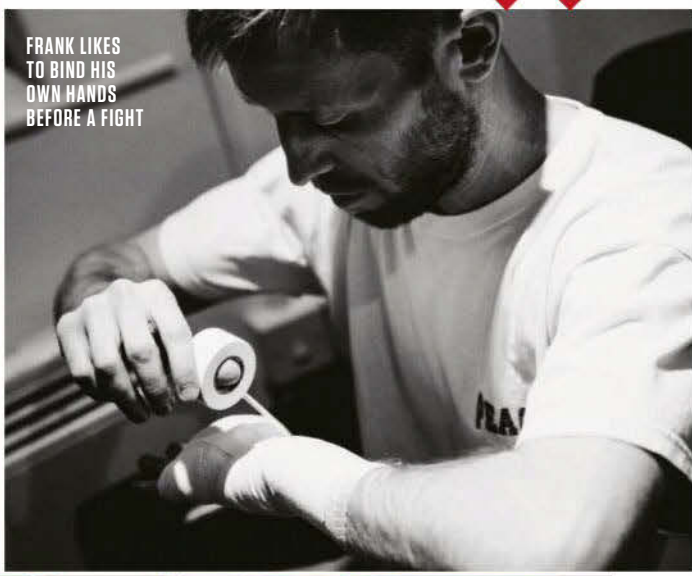
Nobody knows this better than Johnny who, with a record of 96 losses in 100 professional fights, is considered to be one of the greatest journeymen of all time. That's because, in this business, journeymen are figures of respect, not shame. They make boxing tick, and turn losing into an art form.

"I was the guy who'd take a fight at an hour's notice, anywhere in the country," Johnny tells us. "I was known as the guy who never got knocked out and always lost well. I fought nearly 20 British champions, two world champions, Commonwealth champions and fought in stadiums of 20,000 people."

For most of those, Frank was in his corner. "There ain't many people who could do what Johnny did," Frank chips in. "He's the toughest bastard I've ever known."



FRANK GREAVES, 37, JOURNEYMAN



FRANK LIKES TO BIND HIS OWN HANDS BEFORE A FIGHT



THE AWAY FIGHTERS' DRESSING ROOM IS SMALL AND FULL. FRANK HAS TO SHARE IT WITH TWO OTHER BOXERS

But you need more than that to live the life of a journeyman. "I've climbed into the ring with phlegm literally dripping off my back," recalls Johnny. "I've been called every name under the sun, threatened, abused, even chased from venues. But that's the lot of a journeyman boxer: always the away fighter, always the villain. The most hated man in the room. I fucking loved it."

DOWNSTAIRS, FIGHT NIGHT IS IN FULL SWING AND THE ATMOSPHERE IS VISCERAL. This is not a corporate crowd on a jolly. These are ordinary people, supporting a friend, boyfriend or son. Puce-faced men crowd about the ring hurling abuse at the away fighters, or urging the Spearmint Rhino ring girls to get their 'growlers' out, while trying not to spill their pints. Girlfriends totter about on needle-heels, wincing whenever their man takes a hit. The night itself takes place under British Boxing Board Of Control rules, the same rules that govern the big, multi-million-pound fights. But there are no TV cameras, no celebrities or VIP areas, though there is a guy on the balcony filming the night's action and selling the DVDs 'for a score'.

This is not amateur boxing or white-collar. This is pro-boxing at the bottom rung. Boxers here dream of the pizzazz of a big show, a big fight, a belt, a TV »

date and a spot next to their heroes. For many, this is where it starts. For others, it is where it can end. For Frank, it's another day at the office.

"Chill out, mate, you look a bit nervous," he chirps as he bounces about the room shadowboxing. "Me? Nah, I don't get nerves. I was born for this."

FRANK WAS BORN ON 6 SEPTEMBER 1977 IN THE HEART OF LONDON'S EAST END. Eighteen months later, Johnny came along. As kids they were inseparable, and took up boxing at an early age. Johnny was the feisty one, with Frank often having to help him out of scrapes. And it was Johnny who first entered the world of prizefighting, trading blows with fighters on the amateur and unlicensed scenes before going pro in 2007. For most of this Frank was by his side, whether holding pads in the gym, managing fights, or at locations from Dudley Town Hall to London's O2 Arena.

"I wouldn't be here if it wasn't for him," says Frank. "I've been in the lion's den with Johnny more times than I can remember. It got to a point where I had to put my money where my mouth was."

So, last November, he turned pro, a year after Johnny hung up his gloves. Frank lost his first fight on points, but won his second. And tonight, he is top of the card, being paid £1,400 to fight a 31-year-old ticket seller called Joe Hayes.

Does he think he can win? "Let's be straight," he says, binding his fists in tape. "I want to win and know I can. Do I expect to win? No. This kid's sold 200 tickets tonight so, at £35 a ticket, he's bringing in seven grand."

AT 37, FRANK IS AN OLD SPORTSMAN BY ANY STANDARD. Johnny says he fought to give his two kids a life he never had growing up. But Frank has no children, lives with wife Leanne, 32, in South Ockendon, Essex, and drives a black cab for a living. If he doesn't do it for the money, why does he choose to be punished by younger fighters in front of crowds who'd like nothing more than to see him spread-eagled on the canvas in a puddle of his own blood?



FRANK ENTERS THE RING TO NEAR-SILENCE

"It's the ultimate test," says Frank. "Fight or flight. I'm far from an adrenaline junkie but, fuck me, what a buzz. It's like nothing else."

Then he pauses for a moment, stops wrapping his hands and looks us dead in the eye. "Listen, all that clichéd nonsense about how you can be whoever you want to be. No, you can't. I'm never going to be world champion – I'm 37 years old for fuck's sake. But life is mundane. I spend most of my time vegetating in a taxi and it's boring as fuck. Life is about experience and in 30 years' time I'm not going to be talking about the time I dropped an old lady at King's Cross, I'm going to be talking about tonight."

IT'S TIME. The other fighters have drifted home. The atmosphere turns eerily quiet. Frank's in the zone. Even Johnny, whose usual chatter makes Floyd Mayweather sound like a grunting adolescent, is silent.

A muffled voice reverberates through the walls: "LADEEEEZ AND GENTLEMEN, IT'S TIME FOR OUR MAIN EVENT."

We follow the brothers down the rabbit warren of stairwells and corridors into the wings, behind the stage, where one of the ring girls is fluffing the crowd with a heartbreaking operatic aria, still in her low-cut leotard and fishnet stockings. It's surreal.

Warbling done, and the fighters are called into the ring. Frank enters first through a cloud of dry ice to near silence, except for a few four-letter catcalls and chants of 'who are ya'. He gives a theatrical bow. Then comes Hayes and the audience erupts. "'Ave the cunt, Joey," and "Fucking kill him" are among the most discernible screams from ringside. Hayes is visibly bigger than Frank, and his muscles are more defined – not to say Frank doesn't look in good shape. After a few final words from their cornermen and instructions from the referee, the first round of six is rung out. Hayes instantly launches into a flurry of punishing blows.

"Get off the fucking ropes, Frank," Johnny can be heard yelling over the crowd's deafening roar. "Work that jab, Frank. Keep moving!" Frank seems to hear him, bouncing nimbly around most of the punches and throwing a few of his own to counter. The round ends with »







THE ATMOSPHERE RINGSIDE IS VISCERAL

FRANK'S YOUNGER BROTHER (AND EX-JOURNEYMAN) JOHNNY LOOKS ON FROM HIS CORNER





FRANK'S OPPONENT IS A LOCAL 'TICKET SELLER' NAMED JOE HAYES



JOHNNY HAS SOME WORDS FOR FRANK AFTER ROUND THREE



IN THE BUSINESS, A JOURNEYMAN IS A FIGURE OF RESPECT, NOT SHAME

a clear victory to Hayes. Round two is more evenly matched. Frank throws more punches and looks lighter on his feet. At one point, he even dances away from Hayes, gives a grinning shrug of the shoulders and mouths the words, "Is that all you got, mate?"

Judging by the crowd's reaction, he might as well have pulled down his shorts and defecated in his opponent's spit bucket.

It is quite apparent Frank is way more than just cannon fodder. He is quick-footed, fast-punching and difficult to hit. He is a great boxer. Still, by the end of the third, red patches have formed around his kidneys and a dark bruise below his right eye. The fourth and fifth rounds are kinder to Frank. A fan may well have awarded him both. By the sixth both look weary, and with the final bell, they stumble back to their corners. It doesn't take long for the referee to call them to the centre of the ring. He takes Hayes' hand and raises it. The decision is unanimous.

BACK IN THE AWAY DRESSING ROOM, THE ATMOSPHERE IS FAR FROM SOMBRE. It's almost as busy as when we arrived as other fighters pile in to congratulate Frank. "That was a great fight," says one. "Well done, mate."

Frank's lost none of his sense of humour: "What? For being a fat cab driver a year ago?"

"He was, an' all," agrees Johnny, grinning from cauliflower ear to cauliflower ear. "It was a bit emotional, though, to be fair. But I couldn't be prouder. Now, it's been a stressful night. I need a lager."

He goes to look for an off licence while the postmortem continues. "It was tough, I knew I was in for a fight," says Frank. "There were a couple of times where I felt like saying, 'Will you just fuck off mate, don't you know I'm 37?' But it's frustrating because in the gym environment, I'd have boxed his tits off. And I know I won at least a couple of those rounds."

Others nod in agreement. "But with the adrenaline and the crowd, it was always going to be tough mentally. That's what it's like fighting on the road."

IT DOESN'T REALLY MATTER TO FRANK THAT HE LOST. Yes, he says he'd like to have won, but there's something far more important at stake: reputation. He may have lost but he lost well. He fought with skill and heart and, above all, put on a great show. And that is a golden ticket to any promoter with a war chest of untested fighters and pound signs for pupils. "If I'd have won tonight, they would probably have cancelled my next fight," he says. "So every cloud…"

It's past midnight. The crowd's gone, a lone man is dismantling the ring, and it's a three-hour drive back to Essex. Johnny's returned and has a four-pack of Tuborg under his arm. "Who's up for a good piss-up and karaoke in the back of the car?" he says, waving his beers.

"Not tonight, John," Frank replies as we walk towards the car park. "The promoter's offered me another bout in a few weeks so I'm back in the gym tomorrow. You know I never drink before a fight." FHM

Frank and Johnny train fighters at Peacock Gym in East London. See peacockgym.com





A POSTMORTEM INTO THE NIGHT'S RESULT BEGINS IN THE DRESSING ROOM

THE GREATEST BRITISH JOURNEYMEN OF ALL TIME

Boxing expert Mark Turley – author of Journeymen: The Other Side Of The Boxing Business, A New Perspective On The Noble Art, published by Pitch (£16.99) – picks his top five



PETER BUCKLEY

FROM: BIRMINGHAM **LOST:** 256 **DREW:** 12 **FIGHTS:** 300 **WON:** 32

Among others, he impressively fought five world champs, including Prince Naseem Hamed. None of them knocked him out. In fact, in a 19-year pro career, often fighting three or four times a month, he never even got cut.



KRISTIAN LAIGHT

FROM: NUNEATON **LOST:** 197 **DREW:** 7 **FIGHTS:** 213 **WON:** 9

Known as 'Mr Reliable', he may well surpass Buckley's record before retirement. A defensive master, he has fought from featherweight all the way up to light-middleweight.



JOHNNY GREAVES

FROM: EAST LONDON **LOST:** 96 **DREW:** 0 **FIGHTS:** 100 **WON:** 4

He turned the unappreciated journeyman art into entertainment. He'd give opponents a little kiss, throw an Ali-shuffle or make faces at the crowd. Never KO'd, he stood up to some of the best around despite smoking 20 a day.



JODY MEIKLE

FROM: SCUNTHORPE **LOST:** 52 **DREW:** 3 **FIGHTS:** 63 **WON:** 8

A lovable lunatic, who has been in prison four times, Jody routinely has audiences howling with laughter. He is the only fighter in UK boxing history to have 'excessive clowning' given as an official reason for points being deducted.



DANIEL THORPE

FROM: SHEFFIELD **LOST:** 113 **DREW:** 3 **FIGHTS:** 139 **WON:** 23

A gifted operator who once put world champ Ricky Burns on his arse. He even held the Central Area title at one time. He eventually took the journeyman path as a way to make a living, retiring from the scene in 2011.

ADDITIONAL PHOTOGRAPHY: REX, GETTY, ALAMY



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style news

07/15



Airy shorts to keep you cool

EXCLUSIVE 25% OFF FOR FHM READERS
We're offering you an exclusive 25% off the whole UCLA collection. Just add the code FHMUCLA25 at uclaclothing.com. You can thank us later…

ESSENTIALS

FROM ACROSS THE POND

The University of California, Los Angeles, has educated some of the most stylish people who ever lived. James Dean, Jim Morrison, Leonardo DiCaprio and Marilyn Monroe all studied there. So it only makes sense that UCLA-branded apparel should be as good-looking as the establishment's alumni. Check out this collection of quality basics bearing its infamous logo. With varsity style sticking around this season, just chuck on one of these sweaters or tees, or pull on a pair of these shorts or joggers, and you'll be on trend – and snug as a bug to boot. *T-shirt, £25; sweatshirt, £50; tracksuit bottoms, £45; shorts, £35; all uclaclothing.com*

COLLABORATION

BIKER GARMS (THAT LOOK NOTHING LIKE BIKER GARMS)

When a really rad artist collaborates with a badass motorbike brand, the results can only be good. The Australian biker label Deus Ex Machina has allowed the weirdly named illustrator Ornamental Conifer to scribble artfully all over some of its shit-hot long-sleeved tops. Great stuff. *£90, urbanindustry.co.uk*



Classic motocross colours look great with denim

Aztec details = street cred



FOOTWEAR

THE ORIGINAL SANDAL

Teva Originals are back. And not in the form of the big, clumpy grandad sandals you probably associate with the brand. These things are stylish and destined to take up semi-permanent residence on your feet throughout the summer months. They'll look great with your chino shorts and shirt for office attire – and if you need to climb a mountain to get there, they'll survive the terrain, too. *£35, teva.co.uk*

TECHNOLOGY

3 LIFE-CHANGING WATCHES

You don't have to fork out £13,500 for a smartwatch. The high street has some great alternatives to give Apple a run for its money…



Motorola Moto 360
Traffic and weather news all from this little ol' wrist piece. *£199.99, motorola.co.uk*



Nixon Tide
One for surfers, this bad boy grabs data from Surfline and tells you if the waves are gnarly. *£240, nixon.com*



Sony SmartWatch 3 SWR50
Just speak and it obeys – from searching online to sending messages. *£189.99, Sony at watchshop.com*

PHOTOGRAPHY: MARCO VITTUR

ON THE ROAD TO FESTIVAL GLORY WITH A LITTLE HELP FROM *Stormzy and Lethal Bizzle*



BEFORE YOU EVEN THINK ABOUT WARM CIDER, SLEEP DEPRIVATION, AND GETTING OFF YOUR TITS WITH STRANGERS IN A FIELD, MAKE SURE YOUR SUMMER STYLE GAME IS IN ORDER

PHOTOGRAPHY: HARRIET TURNEY **STYLING:** DAISY DEANE AND CARLOTTA CONSTANT
SET DESIGN: TOM ASHTON-BOOTH **GROOMING:** LAURA DEXTER


OPPOSITE:
TOP, £30, ADIDAS.CO.UK
T-SHIRT, £20, BOXFRESH.COM
Shove your day's supply of booze in a backpack so you can rave hands free. Opt for a printed bag to catch fellow festival goers' eyes
Slogan tees will see you through the whole weekend in serious crowd cred.
T-SHIRT, £7.99; SHORTS, £14.99, BOTH NEWLOOK.COM. HAT, £22; BAG, £18, BOTH ADIDAS AT URBANOUTFITTERS.COM
JACKET, £39.99; T-SHIRT, £9.99; SHORTS, £9.99; HAT, £8.99, ALL NEWLOOK.COM. SUNGLASSES, £225, DSQUARED2.COM. BAG, £55, EASTPAK.COM


JACKET, £24.99; SHIRT, £19.99; SHORTS, £9.99; HAT, £8.99; SOCKS, £6.99; SHOES, £24.99, ALL NEWLOOK.COM
Bucket hats keep the sun and rain out of your eyes for the inevitably unpredictable weekend of weird weather
Denim jackets will get the festival seal of approval till the end of time. Fact.
T-SHIRT, £26; TROUSERS, £55, BOTH ADIDAS.COM. HAT, £30, WEAREHUBRIS.CO.UK; TRAINERS, £67, ADIDAS AT SCHUH.COM



SHIRT, £22, ASOS.COM; TROUSERS, £14.99, HM.COM; HAT, £29.99, STAYDENCH.COM; TRAINERS, £95, NIKE AT JDSPORTS.CO.UK

Camo trousers mean that if you're caught out doing something you shouldn't, the coppers won't ever find you…

- Throw a short- sleeved shirt on open, closed, or over a long-sleeved tee.

T-SHIRT, £26.95, THE QUITE LIFE AT URBANINDUSTRY.CO.UK; SHORTS, £19.99, HM.COM; HAT, £16, TOPMAN.COM; TRAINERS, £90, ADIDAS AT FOOTASYLUM.COM


JACKET, £45, ASOS.COM; TOP, £22.99, STAYDENCH.COM; SHORTS, £165, STONEISLAND.CO.UK; SOCKS, £10.99, STANCE AT EIGHTYEIGHTSTORE.CO.UK; TRAINERS, £94.99, NIKE AT FOOTASYLUM.COM
You'd be a doughnut not to pack a lightweight hooded jacket with you this festival season. Make sure it's bright or printed
Timbs keep your feet dry in the downpours and look dope with pretty much whatever.
JACKET, £65, RIVERISLAND.COM; SHORTS, £45, ADIDAS.CO.UK; HAT, £22, ADIDAS.CO.UK; SHOES, £100, TIMBERLANDSONLINE.CO.UK


T-SHIRT, £16.99; SHORTS, £9.99; HAT, £8.99; BAG, £19.99; SOCKS, £6.99; SHOES, £17.99, ALL NEWLOOK.COM
JACKET, £450, STONEISLAND.CO.UK; SHORTS, £26, TOPMAN.COM; HAT, £29.99, STAYDENCH.COM; SOCKS, £6.99, NEWLOOK.COM; TRAINERS, £75, NIIKE AT JDSPORTS.CO.UK
If you're misbehaving across shores for a hot-and-dry piss-up, don't bother with a hood and just bust a bomber
If in-your-face prints scare you, go for faded versions that look just as good.

JACKET, £145, ALPHA AT ASOS.COM; T-SHIRT, £24.99; SHORTS, £24.99, STAYDENCH.COM; SHOES, £104.99, NIKE AT FOOTASYLUM.COM

HAT, £8.99; SHIRT, £17.99; SHORTS, £17.99; SOCKS, £6.99; TRAINERS, £24.99, ALL NEWLOOK.COM



Floral shirts teamed with understated colours like navy and white make up a decent dancing outfit

Don statement shorts so if you lose your mates, they'll be able to spot you a mile off…

T-SHIRT, £7.99; SHORTS, £9.99; HAT, £8.99; SHOES, £24.99, ALL NEWLOOK.COM

SWEATSHIRT, £26, ASOS.COM; SHORTS, £40, ADIDAS AT URBANOUTFITERS.COM; HAT, £29.99, STAYDENCH.COM; SUNGLASSES, £10, RIVERISLAND.COM; SHOES, £19, ADIDAS.AT SCHUH.COM

Win a chance to see Lethal Bizzle and Stormzy at New Look Wireless and you'll get to hang out in VIP. Go to fhm.com/wireless



Go for mirrored lenses on you shades so no-one can see the pain behind your eyes.

THE DILEMMAS OF MAN

CAN I PULL OFF '90S OLD SCHOOL?

Scared of dressing like your 12-year-old self? Crack this season's top trend in style…



OTT LOGOS ARE COOL

Think of those in-your-face logo belts and caps that fill the shops when you're on your summer hols abroad and just add a cool British edge. Oh, and the bigger the logo, the better.

IT'S ALL ABOUT THE BRANDS

Many heavyweight labels of the '90s have made a triumphant comeback in 2015. The likes of Fila, Ellesse, Champion and Umbro are all there, with cool updates of their classic styles.

EASE YOURSELF IN

If reppin' the old school from head to toe is a bit daunting, just add one retro piece to your everyday attire. Swap your skinnies for some Marky Mark-style looser-fitting legwear, your polo shirt for an Ellesse one, or your track top for a towelling Fila version.

BAGGY JEANS ARE YOUR FRIENDS

When it comes to denim, it's all about bootcut fit. That's right, simply add an extra inch or two to the width of your favourite slim-fit selvedge pair.

OLD SHIT JUST GOT 'VINTAGE'

Next time you pay your family a visit, get into the loft, rummage through your old threads and pull out your Ellesse hoodie, Kappa popper trackies and Adidas shell toes and ask why you ever put them away.

Hat, £39.95, Stüssy at urbanindustry.co.uk
Jumper, £59, Fila at scottsmenswear.com
Polo, £35, Ellesse at scottsmenswear.com
Jeans, £130, Calvin Klein at urbanoutfitters.com
Trainers, £66.99, Adidas at footasylum.com

LET'S GET READY TO RHUMBLE

Yup, your new style heroes are PJ and Duncan, Tupac and a 19-year-old Becks. It's time to invest in 2015's version of the 1990s' most-worn items and earn some serious street cred

THEN NOW

NIKE AIR MAX 95



A favourite of rapper Eminem, they came with a colour palette that could match everything and make any cool outfit complete.

£115, Nike at jdsports.co.uk



The summery blue stripes combined with the black base colour make for a great all-round pair of kicks. Best worn with your denim shorts.

KANGOL HAT



If anyone wore the hell out of the iconic Kangol hat, it was LL Cool J. We think he pretty much wore one for all 3,652 days of the '90s.

£45, Kangol at selfridges.com



They got it right the first time, so why fix it? Great for long, sunny days or festival dance tents by night.

CHAMPION HOODIE



Before *Angels* – and weirdness – Robbie Williams actually looked pretty cool, layering and accessorising like a king.

£75, Champion at size.co.uk



Champion has a logoed sweat or tee in virtually every colour. So whatever shade tickles your fancy, they've got it.

CK JEANS



Apparently, wearing your jeans lower than your boxers was acceptable – oh, and without a top and just a tiny cap to finish off your outstanding look.

£130, Calvin Klein at urbanoutfitters.com



Luckily, we don't have to bowl around in jeans with legs so wide a small man could fit inside, as Urban Outfitters has this slimmer cut.

UMBRO SWEATER



Pre Posh, tattoos and multi-million-pound deals, a certain young, floppy-haired teen was never seen out of his Umbro England kit.

£45, Umbro at size.co.uk



Umbro has reinvented and released its pro-training range – and it's guaranteed to look top-notch with your selvedge jeans.

FILA TEE



The late, great Alexander McQueen had a circuit of impressive friends, a book of legendary designs and a good old collection of Fila garms.

£25, Fila at scottsmenswear.com



With smaller logos for 2015, Fila has jumped back on to the scene with some styles that you'l find hard not to wear for five days on the trot.

PHOTOGRAPHY: MARCO VITTUR, GETTY, REX. STYLING: DAISY DEANE

TRAINERS

SUMMER STEEZE

Need a break this summer? Well, your tootsies do too. Pull on a pair of these pant-wetting styles and your feet will look – and feel – a whole lot fresher



£70
LACOSTE.COM

BEST FOR THE BEACH



£55
TEVA.CO.UK





£55
LUKE1977.COM

PERFECT FOR THE PUB

SMART YET CASUAL



£18
RIVERISLAND.COM



PHOTOGRAPHY: MARCO VITTUR

GROOMING

A MAN'S GUIDE TO MANSCAPING

Trim and tidy up without cutting off anything essential in the process



01 INVEST

Firstly, get yourself a decent pair of clippers. You won't have to break the bank to get your hands on a quality pair. But do make sure you go for a wet-and-dry technology razor that will make caring for your jewels down below a bit easier.

02 DON'T GO CRAZY...

Trim your man-hair a bit, but there's no need to go for smooth, unless you're a porn star. Around half a centimetre of hair will make it easy to maintain and will feel much more comfortable than itchy stubble.

03 STRETCH IT OUT

When dealing with your more sensitive areas, make sure you stretch that skin tight. Skin down there is a lot thinner and looser, making it easier for a razor to catch it. Take this as a warning because we've heard far too many horror stories, and frankly, nobody needs to see the consequences of your mis-snips in the bedroom.

04 DON'T BACK OUT

Sack and crack: it's a cliché for a reason. For these areas, we'd opt for a professional wax but, if you haven't got the balls, do it yourself at home. Just make sure you've got a mirror, room to bend over and, for the love of God, check everyone's out.

05 OTHER OPTIONS

Don't fancy putting a bit of machinery down below? There are plenty of creams, gels and treatments out there. "We've found laser hair removal is the most popular for men aged 25 to 40," says Mark Norfolk, the clinical director at Transform Cosmetic Surgery.

WORDS: CARLOTTA CONSTANT. PHOTOGRAPHY: MARCO VITTUR. TRIMMERS AND GLOVES: HOMEBASE.CO.UK

PROMOTION





FHM

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FIND SOMEONE WHO STANDS OUT
WITH FHM DATING

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upgrade

23 WAYS TO BE A CYCLING SUPERHERO

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ADDITIONAL REPORTING:
ANNIE WARD & SIMON RITCHIE

Get on your bike with our guide to everything that's amazing on two wheels this summer



No. 01

HOW SHOULD I PREPARE FOR A MARATHON CYCLE RIDE?

In 2012, Jamie McDonald cycled all the way from Bangkok to his home town of Gloucester. This was not the pinnacle of years of training but something he did on the spur of the moment, using a £50 bike he'd bought from an ad in the local paper. Knowing nothing about bikes could've hindered his progress. But, he still managed it. Here are his tips:

- "Use a steel bike. If it breaks, you can get it welded together. It also has to support the panniers, the bags you carry your stuff in."
- "Make sure your wheels are top quality, and that you're using no-puncture tyres."
- "Take it day by day. Concentrate on finishing the day's ride not the overall task."
- "Do some planning, but be a bit naïve too. You never know what's around the corner."

Jamie is the co-founder of the Superhero Foundation, which supports people on fundraising adventures: superherofoundation.org

LOUIS GARNEAU EAGLE HELMET, £35.99; VULPINE WATERPROOF JACKET, £229; ALTURA NIGHT VISION LONG SLEEVE JERSEY, £47.49; ALTURA PROGEL BIB SHORTS, £47.49; SPORTFUL NO-RAIN LEG WARMERS, £27.75; OSPREY FLAPJACK COURIER BAG, £44.99; ENDURA FS260 PRO SLICK OVERSHOE, £21.84. ALL EVANS CYCLES

No. 02

DO I NEED TO WEAR A HELMET?

The short answer, specifically from a legal point of view, is no, but in terms of safety, it's probably advisable. That's because it's difficult to ride here in the UK compared to other countries in northern Europe, where cycling culture is more ingrained in society, there are cycling lanes, and the volume of traffic is lower.

However, while a helmet will certainly protect you if you fall on your head, one study suggests that cars drive more dangerously around cyclists wearing helmets. But the majority of experts recommend you protect your noggin. Here's how to do it in style…

Giro Savant
Well-fitted, sleek lid that's less than half the price of the range-topping models. Has three positions of height adjustment and a simple micro-dial.
£69.99, Evans Cycles



Giro Synthe
The pinnacle of road helmet design, this baby combines the performance gains of aero efficiency with great cooling power to enhance rider comfort. Perfect for people who like to speed off from the lights in style.
£189.99, Evans Cycles



Bell MTD Super
Super-comfy, lightweight and with extra coverage that means should you come off, you have additional protection. Sadly, doesn't cover knees.
Super 2r Mips, £166, Evans Cycles



No. 03

WHAT ARE THREE CYCLE-HEAVY INSTAGRAM ACCOUNTS I SHOULD FOLLOW?



@bikemag
Inspiring snaps of nutty chaps riding down (or off) mountains. Could be described as 'gnarly'.



@missionbicycle
Lovely pics of single-speed bikes in San Francisco made by men with moustaches. Bikes are clean-shaven.



@jeredgruber
Stunning photos of cycling's pro circuit, usually taken up a mountain in Italy or a market square in France.

No. 04

WHAT CLOTHES SHOULD I WEAR ON A BLISTERING HOT DAY?

Cycling in hot weather can be unpleasant, so you need to keep everything light. Instead of a rucksack, carry a musette – a lightweight bag that'll hold only your most vital equipment. Wear shorts – regular ones – and most importantly, a merino wool base layer. Even though it's wooly, merino is really soft and wicks sweat away from the skin. Get this gear and you'll be sorted.



RAPHA MERINO BASE LAYER, £60, RAPHA.CC



SIGMA SPORT MUSETTE BY IL SOIGNEUR, £30, SIGMASPORT.CO.UK



REALM & EMPIRE 'LOSSIE' CARGO SHORTS, £55, REALMANDEMPIRE.COM

No. 05

HOW CAN I STOP MY PRIDE AND JOY BEING STOLEN?

With a buoyant market for nicked cycles and a never-ending supply of scamps willing to nick them, bike theft is a fact of life. But you can protect your steed by following these tips from the City of London Police:

- Get your bike security-marked and registered at bikeregister.com.
- Record the details of your bike, such as the frame number, and take a photo of the machine.
- Use two locks of the gold 'sold secure' standard. Thieves can cut through poor-quality locks in seconds. Make sure one is a high-quality D-lock.
- Lock the frame and wheels to the cycle parking stand.
- Take the bits that are easy to remove, like the saddle, with you.



No. 06

CAN I CYCLE THE TOUR DE FRANCE?

Obviously if you were really serious about riding the Tour de France, you wouldn't be sat on the bus reading this, dreaming about the extra large pasty you've got planned at lunch.

But if you fancy riding on the course, it's surprisingly easy thanks to L'Étape, an event that allows thousands of amateurs to try out one leg of the Tour. This year, it takes place on 19 July.

According to cycle blogger Andrew Green, "the great thing about L'Étape is that the road is closed while you race just like it is for the pros. You pay your money, register and then you're free to give it a go. It is quite serious though, so if you take too long, a van will come and 'sweep you up' so they can open the road." Alternatively, if you just want to ride the course with the roads open, the Tour route is released three or four months before the race starts, so you have plenty of time to try it before your heroes. Just watch out for 'Pierre' and his interesting take on obeying speed limits and drink-driving. *letapedutour.com*

PICTURE: REX

No. 07

GREAT BIKES FOR UNDER A GRAND #1

Sometimes, only a really fast bike will do. And with its carbon-fibre forks and alloy frame, this one isn't just quick, but space-age too. For your 750 quid you get a beautifully designed racing machine with 18 – count 'em – gears, meaning even the steepest climb will be child's play. Accessorise with expensive helmet and permanent grimace.

THE ROAD RAGER!



13 INTRINSIC BETA ROAD BIKE, £749.99, HALFORDS.COM

No. 08

HOW DO I AVOID GETTING CRUSHED BY A LORRY?

Despite accounting for just 5% of vehicles on the road, trucks are involved in 50% of road deaths. Here's how to keep safe around them:

"A lot of it comes down to common sense," says Dave Kenning of *Bikes Etc* magazine. "Avoid riding up the side of lorries at junctions – it's not worth the risk. They can drag a cyclist under their wheels when they turn left. Also, it's worth finding out where the blackspots in your city are. Roundabouts can be risky as cars often cut across you as you're changing lanes, so if you're really unsure, just get off your bike and walk it across. Having said all that, never forget that cycling is amazingly safe – the statistics prove it."

No. 09

WHAT ARE BRITAIN'S COOLEST BIKE SHOPS?

For road racers
Sigma Sports, Kingston-Upon-Thames
Sigma Sports is a west London institution, boasting a vast array of models and brands. It also acts as a stopping-off point for cycle clubs heading out in Surrey. Plus, a good website for those who live too far away to visit. *sigmasport.co.uk*

For urban explorers
Brixton Cycles, London
A chaotic but super-friendly shop in south London, Brixton Cycles showcases everything that's good about bikes. Not only will they find you any part, but they lend local kids tools for their own bikes and pay their staff a living wage. We salute them. *brixtoncycles.co.uk*

For mountain bikers
Bike Treks, Ambleside
The Lake District, the most beautiful part of the country, is home to a bike shop that reflects its surroundings. Bike Trek is a heaven on earth for mountain bikers, with brands like Santa Cruz and Orange on sale. *bike-treks.co.uk*



No. 10

CAN I CYCLE THE OLYMPIC VELODROME?

Yes you can! For just £35 you can get an hour's taster session on the track that played host to Sir Chris Hoy's tree-trunk legs. Then you can go to the pub afterwards and undo all your good work. *visitleevalley.org.uk*

No. 11

DOES SHAVING MY LEGS HELP ME GO FASTER?

No, you won't go any faster if you're a hairless wonder. The reason pro-riders shave their pins is because it hurts less if they're having a massage. And if they cut their legs, it's more hygienic when they're being treated.

No. 12

GREAT BIKES FOR UNDER A GRAND #2

If you want a bike that'll get you to work and let you in the Peak District at weekends, this is the bike for you. Described as a 'cyclocross', the CX Comp boasts disc brakes, so you can stop with safety on both steep mountain tracks and wet roads. It's the Andrea Pirlo of bicycles.

THE ON-ROAD OFF-ROADER!



BOARDMAN CX COMP, £599.99, HALFORDS.COM



No. 13

WHAT'S THE MOST FUTURISTIC RACING BIKE I CAN BUY?

This is the Cervélo P5. It's a bike alright, but not like the one you ride to work. The P5 is made for World Tour-level racing, that Very Serious Men in Very Serious Shorts compete in. The super-light carbon Cerélo claims that over 40km, the P5 will save you 24-44 seconds, vital in pro racing. Though that obviously depends on whether you're carrying the shopping on your handlebars. Fancy one? £3,500, ta. *cervelo.com*



No. 14

AMSTERDAM

WHAT'S THE BEST CYCLING CITY IN EUROPE?

Only Copenhagen can come close to Amsterdam in terms of sheer bike chumminess, and Danish cheese isn't as good as Gouda, so it has to be the Dutch capital.

Since 1971, when more than 3,000 people were killed in one year by cars in the Netherlands, there's been a determined effort to separate bikes from other road users. There are now 400km of bike paths in the city. Most drivers are cyclists too, so you don't get the 'us vs them' mentality that's common in the UK.

Today, 60% of journeys in the inner city are made by bike, with around 490,000 cyclists using the separated bike paths per day. And hardly any of them wear helmets. If it looks like they ride as if they own the road, and there's one simple explanation for that: they do. *iamsterdam.com*

No. 15 →

DOWNLOAD BEFORE YOU DOWNHILL: WHAT ARE THE BEST CYCLING APPS?

For the continuously lost
Bike Hub
A sat nav for cyclists, what makes *Bike Hub* so great is the range of routes it offers users. With options that go from quick to quiet, you can avoid the nastiest junctions if you need to. *Free on iOS and Android*

For the man who keeps records
Map My Ride
As you're man, you'll want to detail every ride, so you can convince your lady you're 'actually taking this fitness thing seriously'. *Free (premium no-ad version also available) on iOS, Android and Windows*

For the adrenaline-charged nutter
Strava
Like *Map My Ride*, *Strava* records your journeys (and calories burnt), but also lets you compete against your mates on shared routes. *Free (but with in-app purchases) on iOS and Android*

No. 16

WILL I GET NICKED IF I JUMP A RED LIGHT?

According to cyclelaw.co.uk, if the police see you going through a red light you'll immediately be given a fixed penalty fine of £30. As well as making you look like a selfish idiot, RLJ (as it's called) can result in more serious consequences. Think about it, sunshine.

No. 17

IS SPINNING A BETTER WORKOUT THAN REGULAR CYCLING?

"I think spinning's superior to road cycling because a teacher will always draw that little bit more out of you. You might have the mental energy to push yourself but over a month, you'll work harder in a group class. It's shameful to leave early because people will think you can't hack it. You have to stay!" *Carli Goss, spinning instructor, Reebok Sports Club. reebokclub.co.uk/join*

No. 18

WHERE'S THE BEST PLACE TO WATCH THE TOUR DE FRANCE?

Aside from in front of your telly with a month's supply of *les Monster Munch*, choose the last stage in Paris on 26 July. While the Alps provide plenty of drama, you'll see the riders more than once as they go round the Arc de Triomphe. Plus, you could get on the telly with your big, daft flag. *letour.com*

PICTURE: ALAMY, PHOTOGRAPHY: ANTHONY TEASDALE

No. 19

WHAT SHOULD A SERIOUS CYCLIST EAT TO KEEP HIMSELF IN SHAPE?

"During training and the lead-up to a race, our teams live together, making it easier to maintain the correct diet. They consume a lot of fish and fruit, vegetables and grains. They avoid any fried foods and eat very little meat as it can contain a lot of saturated fat. On the day of a race, our cyclists will eat two or three hours beforehand, carbing up and bulking out breakfast with cheese and pasta, consuming between 2,000 and 3,000 calories in one sitting."
Flavio Zappi, owner of Zappi's Racing Team

No. 20

GREAT BIKES FOR UNDER A GRAND #3

THE KING OF COMMUTES!

Brompton makes those ingenuous fold-up bikes with little wheels so beloved of rail commuters. This version comes in both a two- and six-speed model, while the bits that are normally silver are painted black – hence the name. Like every other Brompton, it folds to the size of small suitcase, meaning you can store it at home or under your desk at work and look dead smug.



BROMPTOM SL2 BLACK EDITION, £945, BROMPTON.CO.UK

No. 21

THREE BEST CYCLING BOOKS



100 Greatest Cycling Climbs by Simon Warren
If you're serious about tackling the UK's toughest rides (ie, mad) then you'd do well to slip this inside your dispatch bag. From near-vertical climbs in the Lake District to leg-burning ascents in city centres, Warren delivers the ultimate guide for the cycling masochist.



Put Me Back On My Bike: In Search Of Tom Simpson
Tom Simpson is one of Britain's greatest ever cyclists, which makes his death on the 1967 Tour de France all the more tragic. This incredible biography charts the story of a hugely conflicted man, whose obsession with winning led to him taking banned drugs and ultimately dying on Mont Ventoux.



The Rider by Tim Krabbe
The story of a 150km cycle race told over just 150 pages, *The Rider* is the study of the rivalry, camaraderie and physical exertion at the heart of pro cycling. If you want to know what it's like to ride the Tour de France, read this. Then have a nap.

No. 22

WHAT'S A SPORTIVE?

As you might expect with its go-faster name, a sportive is a timed but non-competitive event in which amateur riders test themselves on some of the toughest – ie steepest/bumpiest – roads around. Want to try out that new bike that's been languishing in the shed since Christmas? Why not give these a go, and raise some money for charity in the process.

Etape de Yorkshire
Harewood House, West Yorks, 4 July
Follow the opening stage of the 2015 Tour de France with this ride around the Dales.
cyclistsfc.org.uk/events

Woodcote Chilterns Classic
Woodcote, Oxon, 2 Aug
Try to enjoy the scenery of the Thames Valley when you're sweating like a fatman in sauna.
southernsportive.com

Isle of Man CC
Douglas, Isle of Man, 26 Sept
Following the circuit of the TT, but without the imminent death around every corner, this is a truly spectacular ride.
isleofmancc.com

No. 23

WHAT ARE THE ESSENTIAL ACCESSORIES FOR THE SUMMER?



{A} **Cateye Strada Wireless 8 Function Computer, £44.99**
evanscycles.com
How fast are you going? How many calories have your burned? Find out with this onboard computer.

{B} **Giro LX Mitt, £59.99**
evanscycles.com
If you come off – and eventually you will – protect your hands with these.

{C} **Birzman Zacoo Inflator Set, £19.99**
evanscycles.com
Inflate your tyres without a pump with this natty gas thingy.

{D} **Look Keo Easy Road Pedals, £30.99**
evanscycles.com
'Proper' bikes need pro pedals to work.

{E} **Brooks Saddle, £86.99**
evanscycles.com

{F} **Arm Screens, £35**
evanscycles.com

{G} **Rapha Race Cape, £195**
rapha.cc
Look like a pro even if you ride like a toddler with this dapper bike cape.

{H} **Bidon Bottle, £12** *rapha.com*

{I} **GoPro Hero4 Black Camera Motorsports Edition, £409.99**
evanscycles.com
Capture your three-mile commute in POV detail with this tough video cam.

{J} **Sealskinz Neoprene Halo Overshoe, £40**
sealskinz.com
Keep your posh trainers dry with these overshoes.

WHAT'S YOUR THING?

MIXOLOGIST / BUILDER / CHEF / ASTRONOMER / DJ /
GARDENER / BAKER / DIY SUPREMO / GAMER / FASHIONISTA /
TRAINERS ADDICT / FITNESS FANATIC / FOOTBALLER /
SURVIVALIST / GADGET GUY / GUITAR WIZARD...



= THE HOW T



O PROJECT

FHM IS SEARCHING FOR THE NATION'S FINEST EXPERTS AND PROS FOR A NEW VIDEO PROJECT. UPLOAD A SHORT VIDEO OF YOURSELF TO YOUTUBE SHOWING OFF YOUR SKILLS AND SEND THE LINK TO

HOWTO@FHM.COM

Regretfully, we can only reply to successful applicants

Get smart in Belgium

Take the best bits of France, a dash of Holland and the finest ale known to man, and you have Belgium: the most underrated country in Europe



Be in Bruges

Bruges – or Brugge as the locals call it – is heartbreakingly pretty, a medieval city that looks like something off the front of a chocolate box. Famous for its medieval architecture and canals, it's the ideal place to take your lady if you need to get on her good side. After a day walking around the cobbled streets, we'd advise getting your head down in the Number 11 Guest House, a five-star B&B with the sort of posh bathrooms that turn women into wobbling wrecks. You'll be in her good books for months.

Eat some serious grub

Belgian food is not for the faint-hearted. Forget the dainty sauces of neighbouring France, this is food to power peasants in the windswept fields of Flanders. Our favourites include carbonnade – a beef and beer stew; stoemp – a tasty vegetable mush from Brussels and, of course, chips with mayonnaise, which everyone eats. Buy them from one of many frituur street stalls you'll see in every town. Sadly, they don't do gravy or curry sauce yet.





Go partying in Ghent

OK, students are annoying but they do know how to have a good time. It's their presence that makes Ghent (or Gent as the locals call it) such a lively place, and one that anyone looking to have a proper weekend with the lads should bear in mind. Revellers congregate in the Vrijdagmarkt and its surrounding streets to drink the night – and the following day – away. Join them.

Buy some clobber in Antwerp

If you like your threads, then Antwerp is for you. Even the most sartorially challenged chap can transform himself with a few purchases from the stores along the thoroughfares of Nationale and Drukkerijstraat. Once your clothes are sorted, it's a quick stroll down to Marnixplaats, a lovely square full of bars and restaurants, including the ace Fiskebar, which specialises in locally caught fish.





Drink beer made by monks

If you listen to so-called 'health experts', you might be fooled into thinking that drinking beer could be harmful to your health. Pah, these killjoys have obviously never tried the incredible brews to come from Belgium, especially potent trappist ales like Chimay and Orval. A few bottles of these God-fearing beers and you'll be in heaven (and possibly A&E).



Brussels: rave central

While Antwerp may have clothes and Bruges the culture, the Belgian capital is the clubbing centre of the country. If you like your techno hard, then long-running night FUSE puts on regular parties, while lady-friendly disco/indie can be heard at Libertine Supersport, where you'll find DJs like Brit remixer Erol Alkan.

WORDS: ANTHONY TEASDALE. PHOTOGRAPHY: SHUTTERSTOCK, VISITBELGIUM.COM, ALAMY, FUSE.BE

Who's got the boomiest box?

Wires – who needs 'em? Music's best when it's cable free, but which Bluetooth speaker sounds the best? We take a listen, while design expert Emily Proctor rates their looks

FESTIVAL FAVE
Marley Get Together, £149, amazon.co.uk

Look good?
Emily says: "A retro-style speaker that harks back to mid-20th century style. A good option if you don't want anything too modern."

Can I take it to the beach? Yep, the rechargeable battery means you can take it anywhere. The wooden construction also makes it an option if you lose your beach tennis racket.

Sound good?
The wood casing and twin woofers mean this model delivers a serious amount of bass, even with the sound turned up loud.

Our verdict:
Great product that works at home and in the middle of a field. We like. **7/10**

HEAVY HITTER
Harman Kardon Aura, £349, johnlewis.com

Look good?
Emily says: "A lot of thought has gone into the appearance of this speaker, but it resembles a vacuum cleaner. Sorry."

Can I take it to the beach?
You can try, but as there's no battery it might end up as a rather expensive swimming aid.

Sound good?
Oh yes. It may only be about 10 inches high, but the plastic dome acts as a subwoofer (for bass), while mid and high-range sounds are both clear and crisp.

Our verdict:
It looks a bit weird but this is a serious bit of home kit. We dig. **8/10**

TINY BUT MIGHTY
Bose Sound Mini, £170, bose.co.uk

Look good?
Emily says: "You'd buy this for its sound quality, not its looks."

Can I take it to the beach? You can. On a full charge, it will blast out a full seven hours of your 'mind-numbing techno' playlist without breaking a sweat.

Sound good?
For a tiny thing, the sound is full, bassy and not distorted.

Our verdict:
A great package that can fill a room with well-balanced sound. **9/10**

PHOTOGRAPHY: MARCO VITTUR



FURRY ONE

Libratone Loop, £349
shop.libratone.com

Look good? Emily says: "After a while it started to resemble a giant chocolate button. But furry."

Can I take it to the beach? No, unless you want a luxury frisbee to throw around, in which case it's ideal.

Sound good? It's not bad. You're not going to get huge amounts of power here, but at mid volume, the sound is balanced and clear.

Our verdict: The Loop is a decent and distinctive all-rounder. It won't rock a party, though. **6/10**

BEST FOR POSING!

DESIGN CLASSIC

Stellé Audio Pillar, £249, apple.com/uk

Look good? Emily says: "Simple, stylish and available in a range of subtle finishes, I'll take the gold one please."

Can I take it to the beach? You can! But not just any beach. Thanks to its stylish looks, it'll be one of those private ones where you get free towels and bowls of olives.

Sound good? Not bad. The [adopts hi-fi snob's voice] 'separation' between tones is great for the size. Not so great for bassy dance tracks.

Our verdict: Beautiful-looking piece that your interiors-obsessed lady will love. **7/10**

BEST FOR SOUND QUALITY!

SERIOUS PLAYER

Naim Mu-so, £895, johnlewis.com

Look good? Emily says: "This looks as expensive as it is. At least it looks like a speaker, too. Not a speaker disguised as a dog or a dildo."

Can I take it to the beach? No. Firstly, it's mains-only. Secondly, if you did, you'd be out of your mind, obviously.

Sound good? It sounds better than good. Records that you've known for years are born anew, with bass and drums sounding especially strong. And it goes *really* loud.

Our verdict: This is it, this is hi-fi perfection. Imagine it sitting there, next to your massive, 52-inch telly. Who needs a girlfriend now, eh? Eh? **10/10**

BEACH BABY

Jabra Solemate, £130, amazon.co.uk

Look good? Emily says: "The gimmicky design should put off anyone who wants to retain any street cred."

Can I take it to the beach? You can. Its rechargeable battery will last an afternoon, while the robust build means it'll take a knock or two.

Sound good? The two woofers and tweeters means it delivers a decent enough sound.

Our verdict: Ideal for outdoor chilling. **5/10**

Supercharge your packed lunch

Life's too short for sweaty sandwiches: here's how to make your lunch the highlight of your day



Ben Tish is chef director for the Salt Yard group, a collection of four London restaurants that specialise in Spanish food. An expert in cooked meats – he gets extremely worked up about ham – here he shows you how to make your packed lunch the envy of the office.



01

CLING FILM IS THE ENEMY

"Don't wrap your sandwich in cling film, it will make it sweaty. Instead, wrap it in parchment paper, which will give it a deli feel and let the air circulate. You can bring your sarnie to work in a Tupperware box, but I prefer a sturdy paper bag – again, it lets the sandwich breathe."

02

FEELING SAUCY?

"I know it's obvious, but I love mayonnaise, especially alioli, which is the really garlicky variety. You should always use butter on your sandwiches as it not only adds flavour and texture, but stops it going soggy. Another great addition is onions in balsamic vinegar – just chop them up and they'll add a sturdy base to your sandwich. Finally, mustard: you can't go wrong with the wholegrain variety by Pommery."





Chopped onions in balsamic vinegar add a sturdy base to your sandwich



03

GREAT HAM MEANS GREAT TIMES

"You won't get a finer ingredient than jamón ibérico, the daddy of all hams. It's made in Spain and cured for at least four years, often five. It adds complex flavours that go from savoury to sweet in one mouthful, and is incredibly moist. Try it with manchego cheese, also from Spain. Another underrated ingredient is smoked fish: break up some peppered mackerel and serve it with watercress."

04

BREAD: KEEP IT NICE AND SIMPLE

"You might expect me to choose something really posh but I think a really good high-street sandwich loaf is hard to beat. A decent one like Kingsmill will hold everything together nicely. Another one to try is sourdough, which I prefer to more fancy varieties you find in some delis. One thing to note: no matter what bread you use, a sandwich should be served at room temperature, never cold. You can put it in the fridge at work, but take it out 20 minutes before you eat it. It'll taste much better."

05

NO BREAD? IT'S NO PROBLEM

"Some people don't want to eat too much bread, so if you're looking for an alternative to the sandwich, try a tortilla, or Spanish omelette. Just make it the night before, adding sweated onions, chorizo or sweet potatoes, and you'll have something you can easily eat at work. As it's firm, just snap a bit off and you're done."

06

LUNCH AL-DESKO?

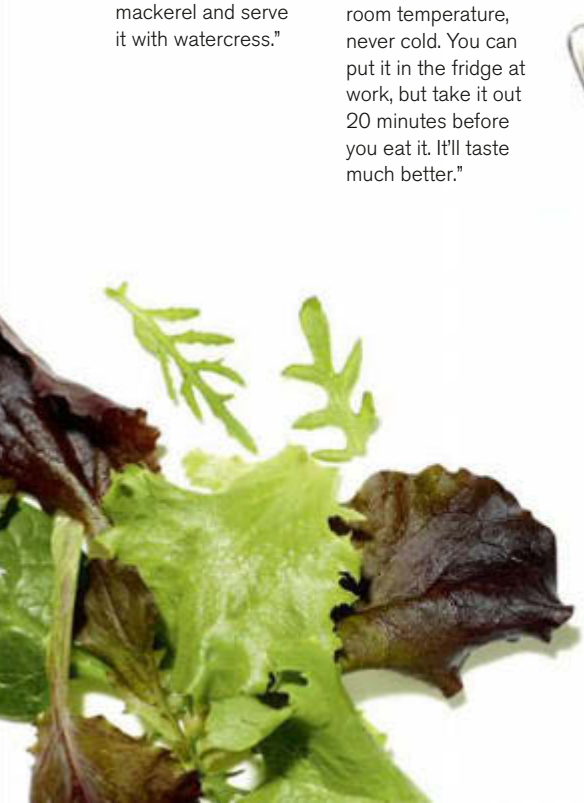
"Some people think you shouldn't eat at your desk, but it doesn't bother me. As my job involves rushing between restaurants, then it's quite relaxing to just sit there, have a chat and look at stuff online. But ideally, it's good to get away from your desk at some time. Go for a walk before you eat, you'll enjoy it more when you come back."

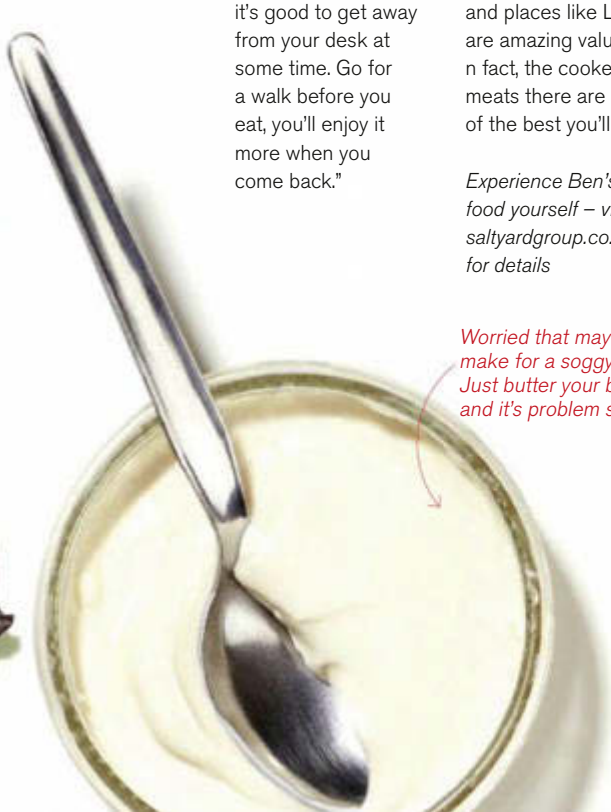
07

YOU GET WHAT YOU PAY FOR (MOSTLY)

"The key to a decent packed lunch is the same as for any meal: decent ingredients. Spend some money and your sandwich is going to taste better and be better for you in the long run. There are loads of shops where you can get great ingredients, and places like Lidl are amazing value. n fact, the cooked meats there are some of the best you'll find."

Experience Ben's food yourself – visit saltyardgroup.co.uk for details





Worried that mayo might make for a soggy sarnie? Just butter your bread and it's problem solved

WORDS: ANTHONY TEASDALE. PHOTOGRAPHY: MARCO VITTUR

Bigger is beautiful

When is an Audi not an Audi? When it's a, er, Kia...



01
PERFECT COMFORT
Tilt and telescopic steering wheel adjustment lets you set the driving position.

02
SLEEK STYLING
Body-coloured mirrors, a chrome grille and tinted windows will turn heads.

03
LOVELY LISTENING
Soundtrack your ride with an RDS radio, CD player, MP3 and six-speaker sound system.

04
STAY SAFE
Six airbags and an intelligent all-wheel drive will keep you protected when on the move.

Kia is on a mission. A few years ago, it was just another car maker from south-east Asia. Now it's a Korean powerhouse, determined to take over your life alongside Samsung and LG.

So would you buy one? The cars *are* good. The Sportage SUV is stylish, the Picanto fun, the Optima is surprisingly posh and, despite the silly name, the Pro_cee'd GT makes much of the competition look old-fashioned. But can you desire a Kia? Enter the brand's new top-of-the-range monster, it's mega-SUV, the Sorento.

THE BIG QUESTIONS

Sorento? I recognise that.
You should. The name's been around for 12 years, but it's been applied to an also-ran SUV, a forgettable lump of metal just doing the rounds. But now there's a whole new kind of Sorento.

Jeez, that's one big mother.
It is – almost five metres long. It's a big, imposing, top-rank SUV that's wanting to muscle in on the space that Land Rover's Discovery has staked out. It's even challenging Audi's Q7.

Hang on, you just said Audi.
Yes, we did. But here's the thing – the space between a Kia and an Audi is now hard to define. It's a bit like Aldi doing lobster for a tenner. This new Sorento has a bold, modern presence, it clicks and clunks in all the right ways, it rolls beautifully, absorbs all the bumps, has lashings of leather *and* has tons of toys. What's not to like?

Are you saying it's a luxury car?
Well, what is posh these days? This Kia Sorento feels like a luxury car wherever you cruise in it and it's a cracking beast to look at. If we were to put an Audi badge on the front would you like it more?

So, is it upmarket inside?
It feels good, very good. All the bells and whistles you'd want are here, there's loads of leather and soft-touch materials, perfectly weighted buttons and sticks. The Sorento is a bloody lovely car and you'll get all that bloody



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ENGINE: 2.2-litre TD
POWER: 200 bhp
0-62MPH: 9.6 sec
TOP SPEED: 124 mph
AVERAGE ECONOMY: 42.2 mpg

lovely for about £15,000 less than a Q7 at every point in the range.

What is this range you speak of?
There are four trims – from KX-1 to KX-4. The KX-1 is the basic spec and starts at about £29k. The KX-4, the tech-loaded one, is just over £40k – new territory for Kia in the poshness stakes. All are four-wheel drive but we wouldn't take any of them off road, really. But then we wouldn't confidently take an Audi Q7 off road either.

And a baffling array of engines?
No. There is only one engine, the 2.2-litre turbo diesel. This will drag you along at a fair old lick and it's modern enough to go easy on the fuel, too.

The KX-1 is manual-only, while the KX-2 and KX-3 can have either manual or auto. The KX-4 is auto-only.

What's everyone going to think?
Well, the significant female in your life is going to think you have a bloody posh, bloody big car, so that's all right. Your mates will think you drive a Kia. But they'll be happy it has seven seats – there are two that flip up in the boot on all models. If you do buy a Sorento new, however, you'll get a warranty that extends to a whopping seven years. That's 84 months without having to worry about anything going wrong. That's how confident Kia is in its car. Still want that Audi?

"I want a big SUV for peanuts. Hit me"

Big cars, little prices? Step this way, gentlemen…



Mitsubishi Shogun
Virtually indestructible, the '90s Shogun is every 4x4 you'll ever need, all for under £1,000. It could tow a whale. Just don't expect luxury.



Audi Q7
Can't do this for peanuts, but cars with more than 100,000 miles are dipping below £12k. But remember, in all conscience, it's actually too big for UK roads.



Jeep Grand Cherokee
Although it drives like piloting a boat, and has a plastic take on luxury, it's an actual 4.0-litre Jeep (with much miles) for sub-£2k.



SsangYong Rexton
If you care nothing for brand, nab yourself a SsangYong. A 10-year-old, tidy-looking one with high miles costs under £3k.

WORDS: CONOR McNICHOLAS

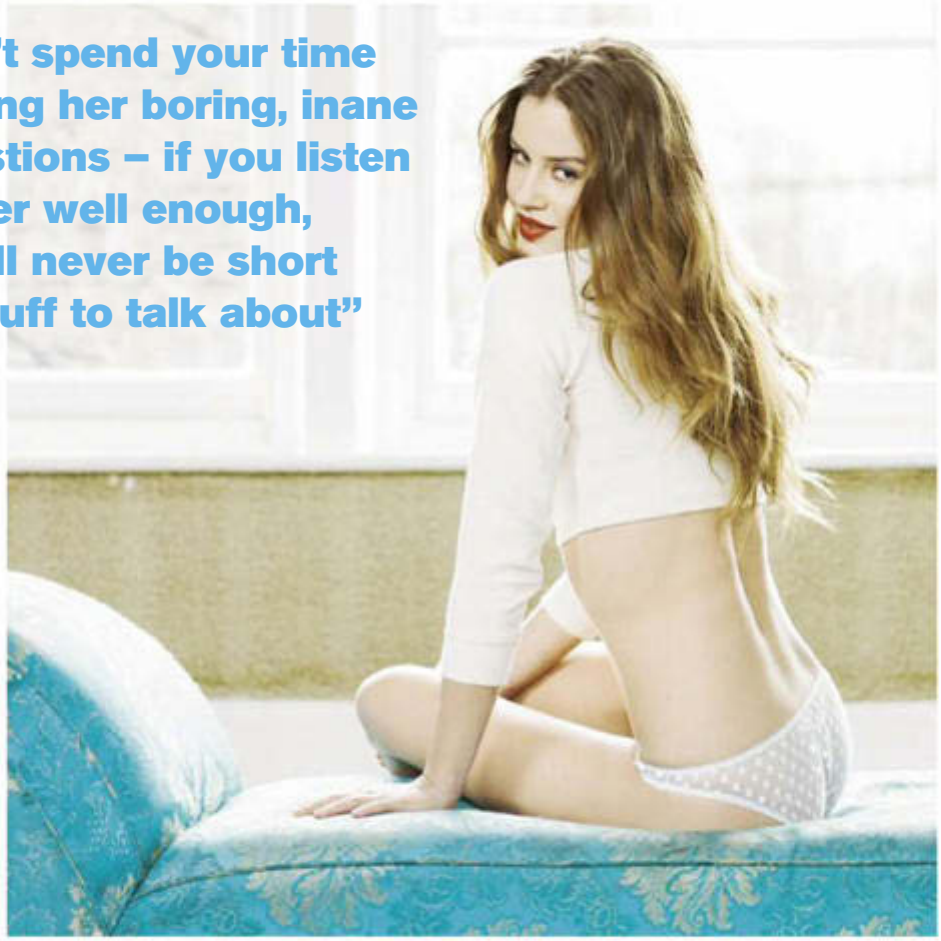
Hot advice with a cool girl:

How to have the perfect first date

Feat. Zuzana

So you've been trading flirty texts all week, and the first date has arrived. Nervous? We don't blame you: girls are absolutely terrifying. That's why we've asked relationship expert Robert Cox to give his best tips on making sure your debut date together goes like a dream – not a nightmare.

"Don't spend your time asking her boring, inane questions – if you listen to her well enough, you'll never be short of stuff to talk about"



01

Take control

"Woman are always impressed when a guy takes control of the plans. Maybe it's old-fashioned, but decisiveness and confidence will never stop being attractive. It sounds a bit weird, but have a little glance at her Facebook photos to see what kind of stuff she usually gets up to on a night out – that way, you'll get a good idea of what she'd like to do on a date. Just don't get too carried away and start liking her pictures from Zante 2012. It will not be reciprocated."

02

Keep your cool

"All you can do is be yourself. You're not *Mad Men*'s Don Draper – unless you are, in which case, nice suit – so don't try to be too suave. Don't order a whisky neat if it's going to make you flinch with every sip. Don't try and act so mysterious that you end up sitting there for 30 minutes in absolute silence. You can worry yourself to death about what vibe you give off, but ultimately the worst that can happen is she doesn't like you. And every man has experience of that, even Don Draper."

03

Become a convo king

"The conversation should be 70% about her and 30% about you. Keep eye contact, but always remember to blink; there's a very fine line between 'attentive' and 'unsettling'. Don't spend your time asking her boring questions – if you listen to her well enough, you'll never be short of stuff to talk about. It'll always be slightly awkward to begin with, so don't let that bother you. Conversation will flow in the end. Just don't be tempted to drink heavily beforehand. Bad idea."

PHOTOGRAPHY: JAMES LIGHTBOWN. HAIR & MAKE-UP: CHARLOTTE GASKELL AT LHA REPRESENTS. HAIR & MAKE-UP ASSISTANT: ROSANNA LARNA. STYLING: EMMA LIGHTBOWN

04

Make her laugh, idiot
"Stories are always funnier than jokes. No girl wants to sit there watching you relentlessly fuck up bad punchlines. Just tell a hilarious or embarrassing anecdote. It's a cliché, but humility and sense of humour really are the sexiest qualities a person can possess. Don't overdo it, though – you'll end up looking like some kind of awful comedic Energizer bunny. At the end of the day, as long as the girl is laughing with you and not at you, you're on to a winner."

05

Eat right
"If you do choose a restaurant, you should be aware that a poor culinary choice can make or break a date. Never order anything too messy, especially spaghetti bolognese – it'll end up looking like *Lady And The Tramp* for all the wrong reasons. Also, steer clear of oysters – whatever twisted scientist declared those slimy snot shots an aphrodisiac was clearly having a giggle at everyone's expense. A nice pasta or chicken dish will ensure that you keep your dignity. As I said before, don't drink too much… Unless she wants to as well, in which case it's an absolutely brilliant idea."





"Don't play hard-to-get. While it may seem cool, you'll just convince her that you aren't interested, meaning nobody wins"

06

Pay your way

"No one likes a cheapskate. But who pays on a first date is a social minefield of Somme proportions. At the end of a meal, it's best to take control and give your card directly to the waiter. Brush off her objections with 'I'll take care of it' – it's just another way of making her feel special. If she absolutely insists that she wants to pay her way, it's probably best to let her. But chances are she just wants to leave as soon as possible… hopefully for a drink at hers."

07

Pick up on the signals

"Girls are complicated – but they're pretty easy to read when it comes to the art of flirtation. Keep a look out for hair twirling, prolonged eye contact and arm stroking (yours, not hers. That just means she's cold). Don't play hard-to-get – while that may seem the cool thing to do, you'll just end up convincing her that you aren't interested, meaning nobody wins. If by the end of the night she's cocking her head and glancing at your lips, it's mission accomplished. Make your move, cowboy." FHM

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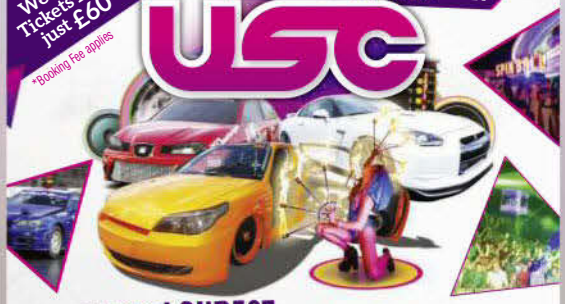
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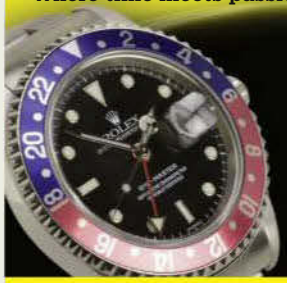


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True story:

"If you don't want to pay me, that's OK. I'm going to sell his organs in Saudi Arabia"



When Alastair Onglingswan was kidnapped from the back of a taxi in the Philippines in 2004, his family were terrified. As a US citizen from a Chinese background, the FBI soon became involved, specifically hostage negotiator Chris Voss. After 14 years working in New York on counter-terrorism, Voss was certain he could rescue the 38 year old.

But the Philippines is not the USA, as Voss knew all too well. A previous kidnapping had gone badly wrong after American and local hostages were murdered despite their abductors agreeing to let them go.

Voss was determined to learn from that. But negotiating with a highly intelligent foe tested him to the max…

"I GET A CALL AT THE FBI ACADEMY IN VIRGINIA. An American has been missing for around 24 hours. His family are out in Manila but he's from the New York area. The kidnapper has already been in touch with the victim's girlfriend in New York. I immediately place a team around her so I can control the dynamic. We start to coach her, build a strategy.

"Meanwhile, he's starting to negotiate via email, which is odd. He starts providing proof that Alastair is alive by sending photos. There are threats, too: 'If you don't want to pay me, that's OK. I'm going to sell his organs in Saudi Arabia.'

"That scares the hell out the family. It turns out the brother, Aaron, in Manila, is easiest to coach. He is solid, with a stable personality. The mum is too upset.

"I start talking to Aaron on the phone, coaching him directly from Washington DC. I'm nothing more than a voice. I'm on my own. There's no team set up there yet. It's going to take at least four days to set up the paperwork and get people to Manila.

"We put the kidnapper on a schedule, only talk to him in the morning and make out the rest of the time we're trying to get his money.

"HE WANTS $200 A DAY TO TAKE CARE OF ALASTAIR. It's doable. But I wasn't going to do that. Not yet.

"If we don't fight or negotiate, it could go on forever. And then after a year the abductor's going to say, 'You clearly have so much money, I want $20million'. This causes the family tremendous stress.

"THE KIDNAPPER IS A LITTLE BIT UNUSUAL. ARROGANT EVEN. Normally, the more in love a kidnapper is with singular pronouns, the less influence he has. This guy uses all plural pronouns – we, us, they, them. I get the feeling we're dealing with the boss. Kidnappers run a business operation like everyone else.

"To show how serious he is, our hostage taker says he'll chop the victim's ear off and send us a video. The Filipino police, meanwhile, think they've isolated a location for the kidnapper. A rescue is attempted but they miss so spectacularly, the guy has no idea they'd come for him in the first place. I don't trust them – they have a history of being in cahoots with kidnappers.

"The kidnapper isn't stupid. It turns out he's wired his phone to a house



three blocks away. At this stage, we're expecting him to contact us and show us a video of him killing the victim. But he doesn't, and he eventually calls us.

"'Where's my money?' he asks. I know Alastair is OK. But Steve, the FBI guy in Manila, doesn't know what to do. 'I'm your man,' I plead. 'Let me bring my team.'

"I GET THE OK TO SEND OVER TWO EXPERIENCED FIELD PEOPLE I KNOW WELL. They'll listen to my guidance. We decide at this point to make a payment as it's going to calm Alastair's mum down. The kidnapper asks for the money to be deposited into a specific bank account. We think maybe we can trace him.

"The money goes in, he pulls it out. Nothing. He's created a bank account that isn't traceable. There are no cameras at the ATMs he uses. He just walks away. Meanwhile, the victim's brother is really picking up the coaching and comes up with a genius question to ask the kidnapper: 'When we run out of money, what's going to happen?'

"'It's going to be all right,' the kidnapper says. He's just told us he's not going to kill him. We've got him. It's over. There's no more threat to the family so we can continue to hammer him.

"We have a settlement of $40,000 on the table. We're hoping he'll take it and the kidnapping will be over, though I want it lower. The local police come back and say they have an address. They want to do a rescue. It's time.

"They hit a house the kidnapper owns and his wife is inside. The police grab her and she tells them they have another house. They find Alastair there, in the basement. The kidnapper comes through the door and they grab him.

"Alastair has been abused. The kidnapper would come down and beat him up so he could take photos of the bruises. He's been in chains on a mattress for 22 days.

"Our kidnapper thought he'd figured out a great way to kidnap people: he kept a bottle of ether under the front seat of his taxi. If you got in the back seat, looked wealthy and fell asleep, he'd knock you out with the ether.

"My previous case in the Philippines was a year earlier. The family paid a ransom but the kidnappers backtracked and chose not to let the hostages go. That's why I held out so long for Alastair." FHM

What happened next?

01 The man who kidnapped Alastair was one Petrus Yau from Hong Kong. He was jailed for a minimum of 20 years. He was found by the Philippines National Anti-Kidnapping Task Force (NAKTF) after they traced an email to a woman called Susana Sumogda. She happened to be his wife.

02 When he was detained, Yao was interrogated by the Philippine police, who employed suffocation techniques (using a plastic bag) on his wife in an attempt to make him talk.

03 The subsequent investigation found he was involved in three other kidnappings. One victim, a Brit named Ali Khan, had his ear chopped off in 2001, while another was never recovered.

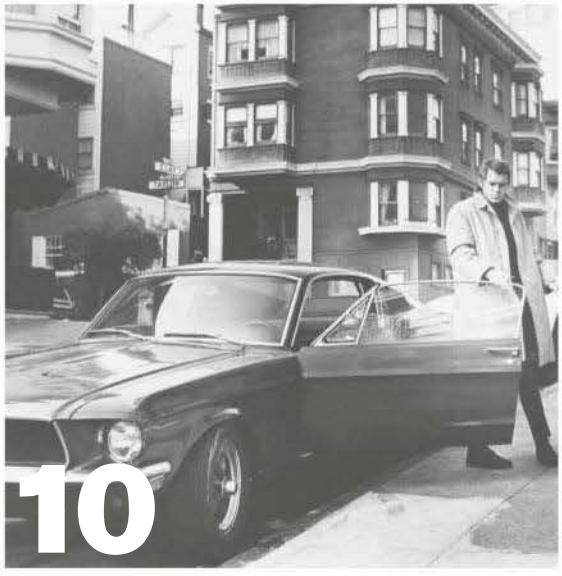
04 Alastair spent more than three weeks chained upin Yao's basement but only suffered bruising. The mental anguish was harder to shake off. "The mum blamed Alastair's then-girlfriend for making him take a taxi in the first place," says Voss.

Chris Voss has retired from the FBI and teaches the art of business negotiation at the Marshall School of Business at the University of Southern California. A TV show based on his time with the FBI is in the offing

WORDS: STEVE BREWER. ILLUSTRATION: KIM THOMPSON

THE FINAL COUNTDOWN

10 THINGS ALL MEN SHOULD DO BEFORE THEY'RE 30



Drive something

Cruising through M1 roadworks at a steady 50mph for the first time after passing your test? Hell, you might as well be Vin Diesel. Alternatively, if you really want to get out of control, nick one of the vehicles at your local go-karting club and head out for a spin. There it is, you sticking it to The Man.

09

Join a club

From fortnightly five-a-side to the weekly Wetherspoons Curry Club, a bit of male bonding gives your life a sense of purpose. Just don't accidentally join any death cults – you never know what'll happen at a Warhammer meet-up.

08

Pose for an iconic pic

No Facebook profile is complete without a snap of you dickishly 'pinching' the Eiffel Tower, 'pushing' the Leaning Tower of Pisa, or covering your bedroom with photos of your ex. Actually, maybe not the last one.

07

Finish *The Wire*

People are only going to keep on asking you, aren't they? It's now more acceptable to be a virgin in your 30s than it is to have never seen any of the major HBO sagas, so get on it. See also: *Breaking Bad*, *Lost*, anything else that tit at work keeps going on about.

06

Poach an egg properly

Be the master of this one fiddly thing in the kitchen and women will forever think you're some sort of Gregg 'I'm tasting strawberries' Wallace/Gordon Ramsay sexbot. Clue: vinegar's the key (to the eggs, not the sex, obviously).

05

Pretend to be a ladyboy

Because tucking your bits inside your legs 'for lols' is fairly amusing when you're young, but not so much when you're 35 and in the changing area of a council swimming pool.

04

'Sleep' on a beach

Be it Norfolk or Ayia Napa, nothing puts you more at one with the elements than having a rave on a beach that goes on until dog walkers find you the next morning and assume they've found a washed-up corpse – albeit one covered in a mixture of fluorescent paint and Jägermeister.

03

Try wearing whiskers

Whether it's Guido Fawkes face-fuzz or a full-blown bushy beard, only faff with your facial hair while you're young enough to get away with it. Otherwise you'll resemble the sort of bloke who rummages in bins for used jazz mags.

02

Be a festival idiot

It's a rite of passage to cause a ruckus at Reading or turn a caravan at Download into an all-night dubstep rave. But do it while you're young and single: no toddler wants to see their dad dancing with a tree at 7am when Glastonbury finished days earlier.

01

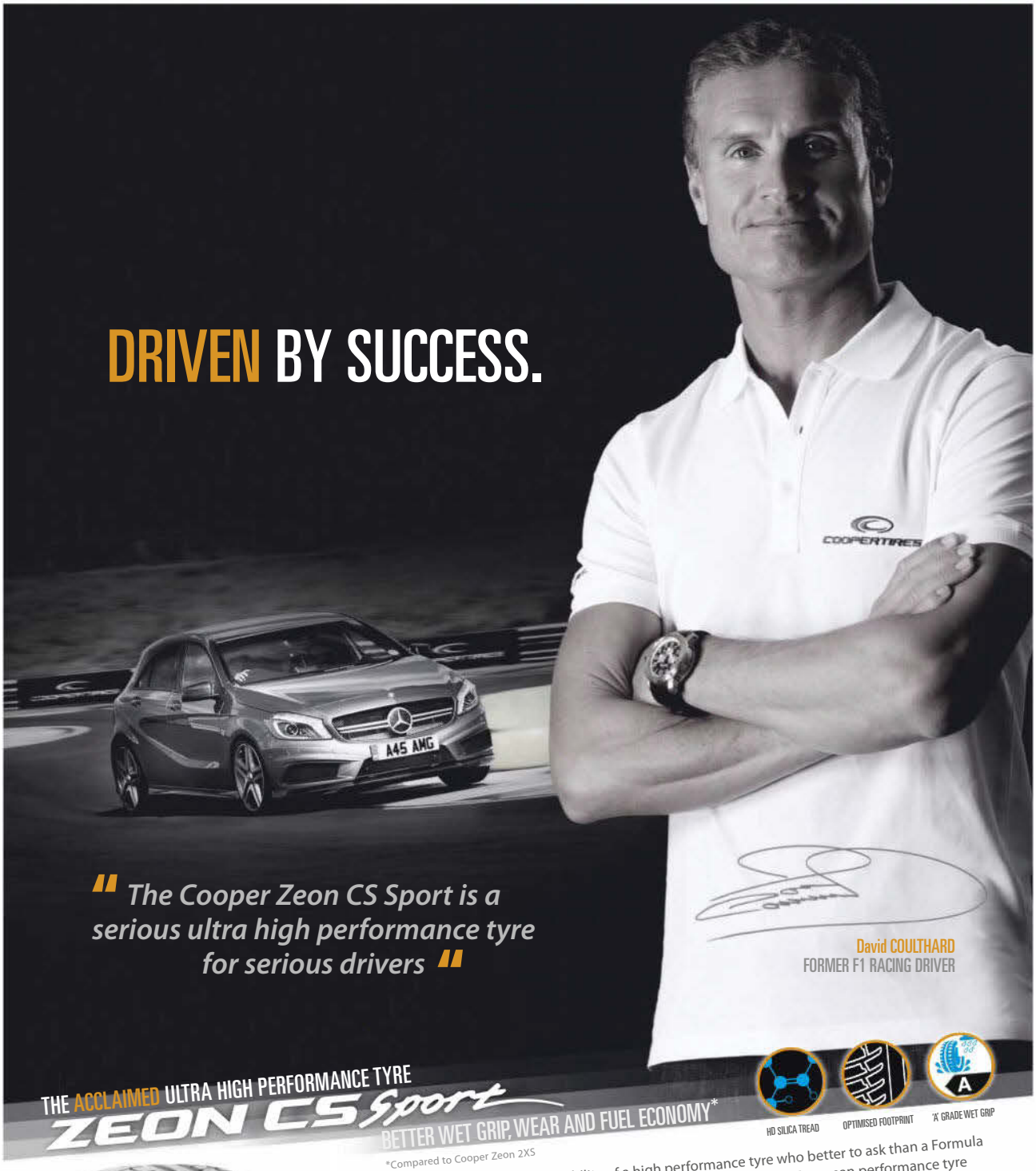
Invent something

Steve Jobs was 21 when he founded Apple, so get your skates on if you want to invent something that changes the world. Maybe sit under a tree in the hope you discover a successor to gravity. Or go online and steal someone else's idea. Easy.

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